SLaM news
Summer edition 2014

News from South London and Maudsley NHS Foundation Trust for staff and members

Pioneering simulation training in mental health
Enhancing community services – the Adult Mental Health model

BAFTA for Bedlam

South London and Maudsley NHS Foundation Trust
Welcome to the summer edition of SLaM News

In this edition we bring you the news that Bedlam, our four-part documentary series, has just scooped a BAFTA television award.

The pioneering series we made with Channel 4 and Garden Productions was declared the winner of the ‘best factual series’ category at a prestigious ceremony at the Theatre Royal, Drury Lane, London on 18 May 2014.

Bedlam, which comprised four programmes about patients and staff at South London and Maudsley NHS Foundation Trust, fought off stiff competition from Educating Yorkshire, Keeping Britain Alive and The Route Masters: Running London’s Roads.

BAFTA (British Academy of Film and Television Arts) rewarded the ‘very best in television’ broadcast on British screens over the past year. For more details please see pages 15-17.

We also reveal that SLaM has been named as the most productive Trust for research, ranking as the most efficient in terms of published studies and offering the best value for money.

We bring you an update on the pioneering simulation courses that are being used to train practitioners across King’s Health Partners to tackle scenarios across psychiatric, acute and community settings.

Also featured is the work that Maudsley International is doing in Qatar to support the development of a centre to treat patients with addictions.

We hear about the similarities and differences between approaches and attitudes to addiction between the UK and Qatar as the backdrop to the year-long programme of work which began in Doha earlier this year.

If you have a news story or idea for SLaM News please call or email us.

Numbers in the newsletter are displayed using the internal format.

If you’re calling from outside of the Trust please add: (020) 322 + Extn.

South London and Maudsley NHS Foundation Trust is part of King’s Health Partners Academic Health Sciences Centre (AHSQC, a pioneering collaboration between King’s College London, Guy’s and St Thomas’, King’s College Hospital and South London and Maudsley NHS Foundation Trusts. For more information, visit www.kingshealthpartners.org
Message from Madelienne Long, SLaM Chair

Thanks to all of you who met with our Chief Executive Matthew Patrick as I accompanied him on recent visits to our sites, and for offering him such a warm welcome. It was a pleasure to meet with so many staff. Your views were invaluable - giving us a fresh perspective on your experiences and challenges. We are planning to continue the informal meetings and hope you agree they are a useful way of keeping in touch.

As a leading mental health trust, one of our aims is to increase public understanding of mental health and reduce stigma. Our four part documentary series, Bedlam, broadcast last autumn on Channel 4 did just that and I’m delighted that it won the ‘best factual series’ category at this year’s BAFTA awards ceremony. I would like to extend a huge thank you to all staff and patients who took part.

We are also looking to the future, following the good news that King’s Health Partners has been awarded a further five years as an Academic Health Sciences Centre (AHSC). We are one of just six centres in the country to receive this status. I am personally delighted with this result, it means SLaM and mental health will continue to be at the core of this unique centre of excellence that provides physical and mental health care to 3.6 million patients each year, underpinned by the best quality research and education.

A new governance structure has been announced to support King’s Health Partners in this next phase and carry forward an ambitious programme of work. It will bring a wider group of senior staff from the Trusts and King’s College London into the management of King’s Health Partners. SLaM will have a central role as I will Chair the new Executive Board and Matthew Patrick will lead on a programme to deliver more integrated care, working closely with commissioners and colleagues across our NHS partners, community services and local authorities.

One of the new work programmes for King’s Health Partners will focus on bringing together mental and physical healthcare and treatment, and I’m pleased to report that SLaM is leading the way. You can read more in this edition about how we are setting up one of the first simulation courses in the UK that will allow a range of health practitioners to gain hands-on experience of managing patients’ mental and physical health issues in different settings.

I am also delighted to hear that a recent study has found SLaM to be the most productive mental health trust for research with the most growth over the last five years, recognising your hard work in this area and our strong relationship with the Institute of Psychiatry. It is also thanks to the significant achievements of our NIHR funded Biomedical Research Centre and Unit and clearly demonstrates the benefits of being part of an AHSC.

Many thanks for your ongoing commitment to delivering excellent services for our patients.

Best wishes,
Madelienne
myhealthlocker is a patient-focused website which allows service users to take a more active role in their recovery and wellbeing. Through access to their care plan, mental health information and interactive health measures, myhealthlocker empowers them to become more involved with their care team in the managing and improvement of their mental health and wellbeing.

Since myhealthlocker launched in 2012 the site has changed significantly. With constant feedback from service users and clinicians, the team has ensured this website is built around their needs.
From Opera House to River House

The Mind and Soul Community Choir were on song when they provided entertainment to crowds at the Royal Opera House, Covent Garden, as part of the Deloitte Festival of Voices. They sang to a huge crowd to celebrate the life and work of Verdi and Wagner and took part in the flash mob to perform “Va Pensiero” in Covent Garden’s Piazza.

The Royal Opera House event was just one of events at which they performed. In the same week they headlined at an evening celebration of ‘100 years of King’s College Hospital Pastoral and Spiritual Care’ in St Luke’s Chapel. They also started a six-week choir pilot at River House Medium Secure Unit as part of an outreach plan to bring the pleasure of singing to those in mental health services who are unable to attend weekly workshops at Maudsley Hospital.

The choir was established in 2006 and meets at the Maudsley Hospital Gym at 6.7 pm on Wednesdays. It is made up of service users, staff, carers and members of the local community and established with the aim of improving well-being and helping to break down the barriers of stigma associated with mental ill health through the shared pleasure of singing.

Recent evaluations and research have concluded that choir members have an improved sense of wellbeing through enhanced social contact, achievement and learning, leading to benefits of increased self-esteem, a sense of belonging and community. They also report improvements in mood and ability to manage stress, anxiety, physical health symptoms and concentration.

For more information about the choir call Gill Ashwood on 07599501189 or email mindandsoul@rocketmail.com

Exploring holistic health

An event to explore the importance of staff wellbeing was held at the Maudsley Learning Centre, the ORTUS, on 26 February.

Visitors to the Holistic Health Open Event tried free taster sessions of complementary and holistic therapies including yoga, exercise, nutrition, reflexology and massage.

During the event, Chief Executive, Dr Matthew Patrick was given the chance to try a ‘Juice Bike’ – a bike which has a fruit juicer attached and produces healthy juice through the use of pedal power.

Dr Patrick said: “I thoroughly enjoyed trying out the Juice Bike.

“Staff well-being is something that we take very seriously at the Trust. It was good to see so many staff come along to the event to try out the benefits of holistic treatments.”

Simulating mental and physical health

Simulation courses which bring together both mental and physical healthcare scenarios are being pioneered by a new team at SLAM.

The pioneering ‘Simulation Workshop at the Mental Physical Interface’ (SWAMPI) course allows primary and secondary practitioners from across King’s Health Partners to experience scenarios which cover management of patients in the psychiatric, general hospital and community setting. The one-day, inter-professional workshops use actors to offer a different range of psychiatric and medical deterioration scenarios in SLAM’s Simulation and Interactive Learning suite at Lambeth Hospital.

Following each simulation exercise, group members take part in a structured debrief session to reflect and learn from the exercise and address clinical issues. The group is given the chance to examine how they shared the information in a crisis, the management of agencies and how members communicated with each other.

Dr Asanga Fernando, course lead for SWAMPI said: “It’s tremendously exciting to be involved with setting up one of the first inter-professional simulation courses in the UK that deals with managing patients with mental and physical problems across different settings, and empowers different healthcare professionals to communicate and work better, as a team.”

The SLAM team members currently delivering the course are:

Dr Sean Cross – Simulation Lead
James Pathan – Simulation Technician
Adrian Luff – Simulation Tutor
Lloyd Campbell – Assistant Simulation Tutor
Christine Tritschler – Simulation Tutor / Advisor in Patient Safety and Clinical Practice Fellows in Medical Education/Simulation:
Dr Asanga Fernando – Fellow in Medical Education / Simulation
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Simulation lead and Consultant Liaison Psychiatrist Dr Sean Cross, said: “Simulation training in mental health offers a new and exciting way of learning. We recreate the environments we interact with our patients in every day, thereby enabling the staff who offer services to patients together to train and learn together in a safe way. “There is good evidence that simulation training works to create a better trained, higher quality workforce and we are very excited about being able to offer a range of innovative courses.”

For further information please contact:
James.pathan@slam.nhs.uk

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In November 2012 a pilot coaching skills training programme for carers took place at the Bishopsgate Training Centre at Bethlem Royal Hospital. It ran over four weeks in the evenings, with a follow up session in February 2013. The programme was devised in collaboration with carer Roger Oliver who has extensive experience of caring and being involved in local and Trust work supporting carers.

Roger had heard about the use of coaching with carers and was eager to set up a pilot coaching training skills programme for carers of individuals experiencing mental illness. The programme was piloted in Croydon and was attended by 16 carers - two males and 14 females aged 18-74. It was facilitated by two coaches together with a clinician and a research assistant.

The aims of the group were to demonstrate how a coaching approach can help carers and those for whom they care to have different conversations. It also sought to provide a supportive learning environment to practice different ways to deal with difficult problems and acknowledge and appreciate time for yourself when caring.

The programme used the REACH© coaching framework devised by SLaM Partners which covers six core components of coaching conversations. These are: dynamic contracting to agree and review expectations, exquisite listening, use of powerful questions, skills to challenge and confront, goal setting and goal striving and feedback.

The carers participated in an evaluation which involved completion of questionnaires and narrative about their experience of the programme.

The carers who attended the programme found that the training gave them the tools they need to develop their relationships with those they care for.

**Importance of language**
“The way one speaks to another person using the different skills can influence the way a constructive conversation can follow with more helpful outcomes”

**Own contributions**
“It helped highlight my own difficulties in my approach”

**Listening Skills**
“Truly listening to the meaning behind what he says”

**Ownership & Responsibility**
“Let them make their own decisions and mistakes”

The carers participated in an evaluation which involved completion of questionnaires and narrative about their experience of the programme.

One participant commented: “As a participant, I found the course very rewarding and learnt a great deal. I was able to get my daughter interested in therapy for an anxiety problem she has developed, to the extent that she raised the issue at a recent meeting with her consultant psychiatrist and is now waiting for an appointment for cognitive behavioural therapy. “This action by my daughter would have been unheard of 12 months ago. The carers on the course all mixed well and actively took part in the group work and discussions.”

The team has secured funding to run three further programmes in Lewisham, Lambeth and Southwark.

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Enhancing community services – the new Adult Mental Health model

Our health and social care systems are under tremendous financial pressure and in the past year, the Trust has experienced unprecedented levels of demand from people in need.

To make sure that SLaM is leading the change required to meet these challenges, we are developing a system-wide approach involving not only providers and commissioners but also patients and local people. Our approach aims to prevent people from becoming ill; care for people in the most appropriate settings; and integrate physical, mental and social care around the person.

We are looking at all SLaM’s services and will be making improvements. As part of this, we are implementing a new Adult Mental Health (AMH) model focused on early intervention and relapse prevention, providing earlier assessment by highly skilled professionals offering initial health and social care assessments for all people aged 18-65 referred to us.

Following the assessment, people will be signposted to the most appropriate service to meet their needs. This could be secondary mental health services or social care reablement services which support people with personal care and daily living.

The service will work very closely with primary care colleagues to ensure that they are well supported in their work of caring for people with mental health needs. The service will be highly responsive and allow people to enter as well as leave secondary services in a flexible needs based way. The Assessment Service will work closely with the Home Treatment Team (HTT) to provide urgent assessments to those in crisis.

The changes will be carried out by the following teams:

**ASSESSMENT AND LIASON SERVICE**
Assessment has always been at the heart of the support we offer. Formerly called the Assessment and Treatment team, this new service will provide a higher number of highly skilled professionals offering initial health and social care assessments for all people aged 18-65 referred to us.

Following the assessment, people will be signposted to the most appropriate service to meet their needs. This could be secondary mental health services or social care reablement services which provide support with personal care and daily living.

The changes will be implemented over the next few years. We will keep all staff informed and monitor the effectiveness of the new ways of working by asking patients for feedback and looking at how the teams work together.

**MOOD, ANXIETY & PERSONALITY DISORDER (MAP) TREATMENT TEAMS**
Changes to MAP treatment teams include a range of psychological therapies, medication, dual diagnosis interventions and care co-ordination for people with Mood, Anxiety and Personality Disorders. Because of the complexity of their presentations, these service users are unable to access primary care level services. Each treatment team will be supported by a centralised service of experts and will include a number of new pathways:

- **Recurrent Affective Disorders**
  The Recurrent Affective Disorders pathway will deliver a day programme as well as support a network of clinicians delivering evidence-based interventions.

- **Anxiety, Trauma, Post Traumatic Stress Disorder and Hoarding**
  The Anxiety Disorder Service will provide training in Cognitive Behaviour Therapy (CBT) to the community teams as well as support a network of clinicians.

**Personality Disorders**
The Personality Disorder Service will provide a stand-alone Dialectical Behaviour Therapy service in the community and training and supervision for key workers. It will also provide Mentalisation-Based Therapy training, and support to service users and a network of clinicians interested in all types of personality disorders and interventions.

**HOME TREATMENT TEAM (HTT)**
The HTT teams are changing to allow earlier intervention when people are in crisis. Working closely with the MAP and Psychosis Community teams, the HTT will identify people before they require admission and prevent admission by increasing the number of visits and promoting engagement with the service. The teams will work more closely with the Assessment Service to provide support for primary care (see above).

**PROMOTING RECOVERY TEAMS**
The service supports people with psychosis who have a range of needs, from those ready to move back to primary care, to those who need more support. A member of the team will manage their care and provide a range of interventions including antipsychotic medication, CBT for psychosis family interventions and a range of social interventions.

We are reducing the caseload for the Promoting Recovery Teams. Each care coordinator will now oversee no more than an average of 20 patients. This will allow more time to be spent with each individual and help them to avoid crisis.
What is next in your career?

Working at South London and Maudsley you are part of a workforce of more than 4800 staff with many exciting opportunities to develop your career in the direction you want to go. We provide services over a diverse range of areas and across a geography spanning, from inner city London to villages like Staplehurst, in the idyllic Kent countryside. You can still be part of the Trust and have a totally new career or location base.

We have a strong history of staff retention. Nearly 25% of our staff have worked at the Trust for between five and ten years and 30% of staff for 10-20 years.

As part of your development your annual appraisal provides an opportunity to review your role with your line manager, to look at what is going well, what are you proud of and identify new goals and areas for development.

Your appraisal is also the ideal time to think about your personal development and your future career. There are a wide range of training and education programmes available to all staff including courses that help people who want to move into management rolls. Courses such as ‘Learning to Manage’ enable Junior Doctors and staff at Bands 5 and 6 to follow a structured programme based on the new healthcare leadership model.

The appraisal process has been designed to ensure that our Five Commitments form a central part of the process, and that you are living these commitments. It’s an important opportunity to talk about how your role contributes to the overall success of your team and more widely the Trust’s priorities and future direction.

1 to be caring, kind and polite
2 to be prompt and value your time
3 to take time and listen to you
4 to be honest and direct with you
5 to do what I say I’m going to do

If you are interested in exploring new opportunities as an existing employee or new member of staff why not check out www.slam.nhs.uk/careers where you can explore current vacancies and see a selection of job case studies.

New Code for Care Workers

Following the Francis Report and changes in the role and responsibilities of our increasing numbers of care workers, SLaM has a new Code of Conduct for our Non-Regulated Clinical Staff, set for release soon and available to staff.

The code is intended as a useful and constructive tool for the use and benefit of everyone, from Non-Regulated Clinical Staff, supervisors and Trust managers, to service users and their families, providing information and advice on expected and acceptable behaviours and procedures at work.

Louise Hall, Director of Human Resources, OD, Education and Training explained that the code is also: “Part of the Trust’s future workforce strategy and should help to empower and reinforce support workers as a valued and important group of employees. It will support personal and professional development, and encourage support workers to develop a strong value based approach to their everyday work with patients, carers and relatives.”

Despite its many functions, the code is clear, concise and easy to read and it will take the form of a small, handy booklet.

This improved advice and guidance is an essential element in protecting patients and providing the highest standards of quality care.

SLaM’s own BAFTA celebration!

Staff and patients who appeared in Bedlam were invited to an event at the Maudsley Learning Centre at the ORTUS as a thank you for their dedication and commitment to the successful four-part documentary series.
Bedlam won a BAFTA for best factual series at an awards ceremony on May 18, beating favourite Educating Yorkshire.

People attending the event at the Maudsley Learning Centre, the ORTUS, were able to walk down our very own red carpet, have their photograph taken with the BAFTA and meet the producers from The Garden and Channel 4 who made the pioneering programmes.
Health Service Journal

Tavistock and Portman NHS Foundation Trusts will see both South London and Maudsley and health foundation trusts in London to advise it. Bupa announced a partnership with two mental health foundation trusts in London to advise it on the provision of services. The arrangement will see both South London and Maudsley and Tavistock and Portman NHS Foundation Trusts act as clinical advisers to the private healthcare firm.

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Dr Martin Baggaley, Medical Director at SLaM, is seen as having made an impressive start at SLaM, a nationally and internationally recognised provider of mental health services and one of the organisations within King’s Health Partners Academic Health Sciences Centre.

The mental health service in England is in crisis. Community Care magazine revealed more than 1,500 mental health beds have closed in recent years. The story also appeared in the Guardian.

Chronic alcoholism lost Tony his six-figure job, his nice home and his family. Now recovering, he pours his thoughts into a wise and funny food blog, ‘The Skint Foodie’, as well as working for South London and Maudsley NHS Foundation Trust. The blog has recently won the Observer Food Monthly’s 2013 ‘best food blog’ award.

The Guardian

‘I can begin to see a future with me in it’ (October 2013)

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Here is a summary of our media activity during Bedlam

**Viewing figures**

<table>
<thead>
<tr>
<th>Episode One ‘Anxiety’</th>
<th>2,093,500 million</th>
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<tr>
<td>Episode Two ‘Crisis’</td>
<td>2,015,000 million</td>
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<tr>
<td>Episode Three ‘Psychosis’</td>
<td>1.5 million</td>
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<tr>
<td>Episode Four ‘Breakdown’</td>
<td>1.5 million</td>
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**Media coverage**

- During October and November 2013 Bedlam was written about (in print and online) 155 times
- The articles had an average daily circulation of 322,000 in October and 379,000 in November

**Social media**

- During the month the series was on Channel 4, the estimated number of accounts reached on Twitter using #Bedlam was 65,147,341
- Our Twitter name, @MaudsleyNHS, was mentioned by other users almost 2,000 times
- The potential reach of @MaudsleyNHS tweets and retweets combined was more than 8 million
- #Bedlam trended on Twitter during every episode, meaning more people were talking or tweeting about this over any other given subject

**Website – Bedlam on C4**

- The designated Bedlam page on SLaM’s website received 19,439 unique views
- You can still read interviews with staff and patients, get behind the scenes information and find out more about the programmes at http://www.slam.nhs.uk/media/bedlam-on-c4
- You can also watch clips and find out more on the Channel 4 website: http://www.channel4.com/programmes/bedlam

See overleaf for examples of media coverage on Bedlam.
‘There’s a murderer inside my head, trying to kill me’

Prior to the launch of Bedlam, Alastair Campbell interviewed Dr Martin Baggaley for a Radio Times article. He described the series as ‘gripping, often troubled but also uplifting in the way it shows people can and do get better’.

Bedlam media coverage

Radio Times
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Mental Health Today
SLaM opens door to Channel 4 for Bedlam documentary series
The magazine reported on how Bedlam explored the most profound decisions involved in treating people with mental illness; told by the people who experience it on a daily basis and the clinical staff who provide care and treatment.

Daily Mail
Nasty and Nice
The Mail reported on how Channel 4 must have a ‘split personality’ after showing Obsessive Compulsive Cleaners and Bedlam in one week. The reporter called the former ‘cheap and tasteless’ while he referred to Bedlam as an ‘illuminating and brave’ investigation of what OCD really is.

Evening Standard
‘I don’t want to end up a waste of a human’
The Standard printed a piece about James, who features in the first episode. The article summarises the story of James, a 23-year-old who has been tortured since childhood by anxiety and who received help and care at the Anxiety and Disorder Residential Unit at Bethlem Royal Hospital.

Community Care
‘The film captures the moments when our work comes to fruition’: the social worker in Channel 4’s new series
Jim Thurkle, a social worker who featured in Psychosis, the third episode of Bedlam, talked about the experience of being shadowed by Channel 4. He said: “It was quite a surprise to begin with. Our team did have some reservations but I was really impressed by how that series dealt with human aspect of people coming into hospital for emergency care. It was with that very positive image in mind that I wanted to take part in Bedlam.”

Independent
The schizophrenia stereotype scares the sufferer too
David Nath, director of Bedlam, explained how he wanted the series to ‘change ingrained attitudes to psychotic illness’. He recalls his time with 44-year-old Lloyd Drew, from the Psychosis episode, who was trying to make sense of the ‘paranoid schizophrenic’ label attached to him.

Broadcast magazine
Behind the Scenes – ‘Mental illness handled with care’
Producer Alice Mayhall recounts her experience of working on Lambeth Triage, where the second episode, Crisis, was filmed. She said: “Triage is an extraordinary environment where we met extraordinary people – staff and patients – and I feel very privileged to have passed through its doors.”
SLaM service users or the carer or family of a SLaM service user can volunteer to take part in research programmes.

Research volunteers play a key role in improving the lives of thousands of people. Research is the only way to develop better treatments and nearly all research at some point needs the help of those affected by particular health conditions in order to develop these treatments.

**C4C – SLaM’s research participation register**

The Consent for Contact (C4C) programme is for service users of SLaM. Participants can put their name on the register if they are interested in being involved in a research study. It allows researchers to look at anonymised health records to find people suitable for a study. The types of things participants might be asked to take part in include being interviewed, doing a questionnaire or completing a week-long diary. Other studies may ask for a blood sample or a brain scan. Participants will always know what is involved before they agree to take part in a study.

**Find out more about C4C**

email: c4c@slam.nhs.uk
website: www.slam.nhs.uk/c4c

**BioResource for Mental Health**

The BioResource for Mental Health project is a large bank of biological (e.g. blood), clinical (e.g. medical records) and neuroimaging information (e.g. brain scans) that is used for medical research. Anyone that is registered with the NHS can take part in this project.

Volunteers are asked to provide a blood, saliva, hair or urine sample. SLaM service users will be asked for access to their medical records and those who do not use SLaM services will be asked to fill in a medical questionnaire. Samples and clinical information are anonymised and put into a library for researchers to look at to improve understanding of how different psychiatric and neurological illnesses arise. By understanding illness better treatments can then be developed.

**Find out more about the BioResource**

freephone: 0800 9951 999 or 020 7848 5381
email: bioresource@kcl.ac.uk
website: www.slam.nhs.uk/bioresource

**Trials Office for Psychosis**

The team has a range of trials for people with psychosis and schizophrenia. The trials can be either drug or psychosocial (non-drug) trials to test new or improved treatments. These trials are for people at any stage of their illness; from those only experiencing the first signs of illness, for example delusions; those experiencing negative symptoms, such as lack of motivation or loss of interest in activities; and those who are not responding to treatment or medication.

**Find out more about the Trials Office for Psychosis**

phone: 0207 848 0057
email: BKCtrials@kcl.ac.uk
website: www.slam.nhs.uk/psychosocialtrials

**SLaM Recovery College courses**

**Recovery is about a personal journey towards a meaningful and satisfying life, towards living as well as possible, whatever symptoms or difficulties are present.**

The SLaM Recovery College, supported by the Maudsley Charity, offers workshops and courses which aim to provide the tools to make this happen, to help people become an expert in their own recovery or for someone they care for. These include courses on Mindfulness, volunteering and recovery, mental health awareness and spirituality and well-being.

At the college we offer a learning approach that complements the existing services provided by the Trust and co-production is at the heart of everything we do. Every course and workshop we offer is co-designed and co-run by trainers who have experienced mental health difficulties working alongside trainers from the mental health professions. The courses are an opportunity to learn together, to share experiences and knowledge and to participate not as a service user, a carer or a member of staff, but simply as a student.

Our courses are open to all adult SLaM service users and their supporters (carers, family and friends), as well as to SLaM staff. A referral is not needed; those interested in any of the courses on offer can enrol as a student via telephone, email, post or via the SLaM Recovery College website: www.slamrecoverycollege.co.uk

The Recovery College Spring/Summer 2014 term begins on April 28th with 38 courses and workshops being offered across 9 locations within Southwark, Lambeth, Lewisham and Croydon.

*With an estimated one in every 100 children diagnosed with Autism Spectrum Disorder (ASD), the NAU is offer any answer to the question, ‘what happens when those children move into adulthood?’*

According to the National Autistic Society half of adults with ASD live with their parents and that presents potentially new challenges depending on the needs of the adult child.

Consultant Psychiatrist Dr Quinton Deoley said: “Many regional towns and cities simply do not have the resources available to offer these highly specialised services and it’s left to aging parents and local NHS teams to do their best to fill the gaps. “Parents are often left without knowing who to turn to after their child finishes school. They go from having tailored support and assistance to being the sole carer for their fully grown adult son with very different needs but there is no set text to help them.”

Consultant Psychiatrist Dr Michael Craig said: “Many carers and consultants are not aware of the tailored support that is available.”

*Programmes like ours have proven results but people need to be made aware of them.)*

To stay up to date with the NAU’s roadshow visit: http://www.national.slam.nhs.uk/services/adult-services/nau/ and follow @MaudsleyNHS on Twitter

**SLaM Recovery College – Harrogate, Manchester, London**

**With an estimated one in every 100 children diagnosed with Autism Spectrum Disorder (ASD), the NAU is offer any answer to the question, ‘what happens when those children move into adulthood?’**

According to the National Autistic Society half of adults with ASD live with their parents and that presents potentially new challenges depending on the needs of the adult child.

Consultant Psychiatrist Dr Quinton Deoley said: “Many regional towns and cities simply do not have the resources available to offer these highly specialised services and it’s left to aging parents and local NHS teams to do their best to fill the gaps. “Parents are often left without knowing who to turn to after their child finishes school. They go from having tailored support and assistance to being the sole carer for their fully grown adult son with very different needs but there is no set text to help them.”

Consultant Psychiatrist Dr Michael Craig said: “Many carers and consultants are not aware of the tailored support that is available.”

*Programmes like ours have proven results but people need to be made aware of them.)*

To stay up to date with the NAU’s roadshow visit: http://www.national.slam.nhs.uk/services/adult-services/nau/ and follow @MaudsleyNHS on Twitter

**BioResource for Mental Health**

Our BioResource for Mental Health project is a large bank of biological (e.g. blood), clinical (e.g. medical records) and neuroimaging information (e.g. brain scans) that is used for medical research. Anyone that is registered with the NHS can take part in this project.

Volunteers are asked to provide a blood, saliva, hair or urine sample. SLaM service users will be asked for access to their medical records and those who do not use SLaM services will be asked to fill in a medical questionnaire. Samples and clinical information are anonymised and put into a library for researchers to look at to improve understanding of how different psychiatric and neurological illnesses arise. By understanding illness better treatments can then be developed.

**Find out more about the BioResource**

freephone: 0800 9951 999 or 020 7848 5381
email: bioresource@kcl.ac.uk
website: www.slam.nhs.uk/bioresource

**Trials Office for Psychosis**

The team has a range of trials for people with psychosis and schizophrenia. The trials can be either drug or psychosocial (non-drug) trials to test new or improved treatments. These trials are for people at any stage of their illness; from those only experiencing the first signs of illness, for example delusions; those experiencing negative symptoms, such as lack of motivation or loss of interest in activities; and those who are not responding to treatment or medication.

**Find out more about the Trials Office for Psychosis**

phone: 0207 848 0057
email: BKCtrials@kcl.ac.uk
website: www.slam.nhs.uk/psychosocialtrials

**SLaM Recovery College courses**

**Recovery is about a personal journey towards a meaningful and satisfying life, towards living as well as possible, whatever symptoms or difficulties are present.**

The SLaM Recovery College, supported by the Maudsley Charity, offers workshops and courses which aim to provide the tools to make this happen, to help people become an expert in their own recovery or for someone they care for. These include courses on Mindfulness, volunteering and recovery, mental health awareness and spirituality and well-being.

At the college we offer a learning approach that complements the existing services provided by the Trust and co-production is at the heart of everything we do. Every course and workshop we offer is co-designed and co-run by trainers who have experienced mental health difficulties working alongside trainers from the mental health professions. The courses are an opportunity to learn together, to share experiences and knowledge and to participate not as a service user, a carer or a member of staff, but simply as a student.

Our courses are open to all adult SLaM service users and their supporters (carers, family and friends), as well as to SLaM staff. A referral is not needed; those interested in any of the courses on offer can enrol as a student via telephone, email, post or via the SLaM Recovery College website: www.slamrecoverycollege.co.uk

The Recovery College Spring/Summer 2014 term begins on April 28th with 38 courses and workshops being offered across 9 locations within Southwark, Lambeth, Lewisham and Croydon.

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Meet new Governor
Chris Collins

Last July I was elected to the Council of Governors which will hopefully allow me to use my knowledge and experience in a way that will be rewarding.

Since 1994 I have been working in a variety of social care settings from running a night shelter in Stratford to a complementary housing advisor for Camden Council. While managing in residential mental health my concern was to make sure my team was effective for the client. I stopped doing this work because while I worked with great staff I also found that the negative behavioural issues of some outweighed the management of the service users.

For that reason I decided to no longer work in frontline social care.

My views on recovery are based on my own personal experience. I was seriously ill in 1993 and treated at the Bethlem with hypomania. I was in my second year at university and a family crisis triggered my condition. I was 'high' but conscious of the disempowering reality of my situation. I fully accept that I needed the treatment and sanctuary of hospital. My uncle was very effective in my treatment and sanctuary of hospital.

After discharge I was placed in a shared house with two people who were strangers to me. I gradually re-engaged with peers and rebuilt my relationships.

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As a governor I hope to create a conduit between the executive and the grass roots.

SLaM’s Governors help community groups to Keep on Smiling

Keep on Smiling, the Council of Governors’ funding scheme for members, ran from 2012 to 2013. The scheme made 118 awards of up to £750 and supported a huge range of projects.

These included a group of four service users asked for help with fees for a pottery course and the Northover Carers Group who applied for funding for activities for the group, including a boat trip from Greenwich to Westminster and head and shoulder massages.

Grants were also awarded to The Clapham Park Project which allowed the group to set up a Tea N’ Chat group to plant a ‘garden’ in pots and hanging baskets and CoolTan Arts to produce their own cookery book called ‘Food for Mood’.

The Council of Governors launched their new Bids Scheme, Smile for Health, on 1 April 2014, and bids may be submitted up to 4 July. If you would like to apply, and for more information, please ring Carol Stevenson on 020 3228 2441 or e-mail membership@slam.nhs.uk
Clinical Record Interactive Search (CRIS)

Every person who uses SLaM services has their medical information stored in a personal file called a patient record. Patient records are stored securely on SLaM computers and are used by clinical staff in the Trust to help make the best decisions about treatment and services. This system is similar across other services providing healthcare in the UK, such as GPs and all hospitals.

As well as being valuable in helping with personal clinical care, the information stored in patient records can be used to help us understand more about the causes of illnesses and how best to treat them. This is because they allow us to look at large numbers of people in real life situations. We can use the information to research patterns and trends and see what works most successfully.

Research is very important for health services - in developing new treatments and improving the care services we provide. In SLaM we have developed a computer system which helps us to carry out research using patient records. The computer system is called CRIS - Clinical Record Interactive Search. CRIS anonymises all the data so that no-one is identifiable when researchers use CRIS. Personal information like name, date of birth, address and carer’s names are ‘blanked out’ by the system and are never seen by researchers in the Trust without a patient’s permission.

What sort of things can CRIS help with?
CRIS helps us look at large amounts of information stored in patient records more easily so we can start to look for answers to questions about the causes of illness and how we can treat them and care for people with these illnesses successfully. Here are some examples of the questions we have been looking at so far:

- Is there a test for those with Alzheimer’s disease that can show if drugs would be the best treatment?
- Do some drugs for schizophrenia affect physical health, e.g. diabetes?

Feedback from attendees was positive and they highlighted that the workshops had a ‘relaxed atmosphere’, were ‘well-paced’ and ‘informative’, and enabled people to ‘share ideas with others’.

The staff involved also found the collaboration with service users was a rewarding learning experience.

Olga Soumelidou, Psychologist at SHARP said: “The workshops are aimed at allowing service users to develop coping skills, resilience and confidence which will help them get on with their lives. “This collaborative project has enabled us to evaluate and develop workshops that are really relevant to the needs of our service users.”

Do people’s home living arrangements affect how long they spend as inpatients, receiving care in hospital wards?
Researchers using CRIS may also link information about patient’s treatment and care in the Trust with other aspects of your health. This will help to improve physical and mental health as a whole. As an example, information about patients who had both mental health illness and cancer was linked to look at the impact of mental illness on cancer survival rates. CRIS enables us to do this in a format that will not identify individuals.

How are patients personal details protected?
CRIS transforms clinical information so that it is not identifiable. The computer removes or covers up any identifiable information.

A person’s name, the name of a carer, date of birth, address, postcode and phone numbers are replaced with ‘ZZZZ’. CRIS is only available to researchers who have a contract with the Trust. CRIS has received ethical approval from an independent (non-Trust) committee, as a safe, secure and confidential information source for research.

If you are a patient and would prefer your patient record not to be used for research studies please contact cris.administrator@slam.nhs.uk

Service users and staff working together to run workshops at SHARP

The Social Inclusion, Hope and Recovery Project (SHARP) have run a series of wellbeing workshops in collaboration with service users. SHARP is a specialist team of mental health professionals focused on recovery and well-being for people using mental health services in Lambeth.

The staff and service users worked together to plan, deliver and evaluate monthly workshops that were relevant to service users’ needs. Topics covered include coping with stigma, self-esteem and how to claim benefits.

Bricks and mortar of social infrastructure: Maudsley International in Qatar

While all eyes are on construction of the 2022 Football World Cup facilities in Qatar, Maudsley International (MI) was recently enlisted to support development of the country’s social infrastructure for addictions treatment.

After signing a Memorandum of Strategic Alliance with the Supreme Council of Health of Qatar, MI began a year-long programme earlier this year to assist the establishment of the Addictions Treatment and Rehabilitation Centre (TRC) in Doha.

MI Managing Director Tracey Power said the collaboration was about creating relationships and sharing professional expertise to build a world class service and enact lasting change.

A series of 10 workshops in addition to an eleventh evaluation session will highlight best practice in psychological therapy and its role in addiction rehabilitation.

The first workshop was hosted in February this year by Dr Luke Mitcheson, Clinical Psychologist from SLaM’s Addictions CAG and focused on evidence-based practice.

Dr Mitcheson said the initial session helped bear out similarities and differences between approaches to addiction in the UK and how effective they may or may not be in Qatar.

“The TRC forms part of a push by the Qatari government for better mental health services and to reduce stigma in a country with strong cultural traditions concerning the use of drugs and alcohol,” he said.

While some elements are similar, such as trends in prescription drug abuse, there is a requirement to engage a patient’s family.

“Family may not want to admit there is a problem so it’s about letting them know it is okay as well as promoting the person’s own leadership within that structure to allow positive action to be taken.”

This requires very different approaches to familiar problems, according to Dr Mitcheson.

“Where financial incentives may be used in the UK to facilitate behaviour change, that method isn’t as applicable in Qatar.” He said “readings from the Koran or a spiritual mentor, for example, may form part of the programme.”

Another challenge is that while there is clear recognition action needs to be taken there is a lack of empirical data making it difficult to target services effectively.

“Because of heavy stigma there hasn’t been that historical collection of data and evidence from crime stats, medical records and research that is somewhat taken for granted in Western nations. The evidence they do have is mostly anecdotal,” he said.

As one of the richest nations in the world fuelled by extraction of its finite petroleum resources, Dr Mitcheson notes, Qatar is now investing in their most valuable natural resource – their people.

For more information on Maudsley International visit: www.maudsleyinternational.com
The Adamson Festival started in February and celebrates the life and work of Edward Adamson (1911-1996), visionary pioneer of art as therapy, and creator of the Adamson Collection.

The festival took place at both the Maudsley and Bethlem Hospitals and includes exhibitions of works from the Adamson Collection; and a series of academic and educational events. This is the first major survey of Adamson’s life and work since his death.

Adamson was among the first to recognise and use art as a form of therapy, a method that has endured within mental health services and is widely used today as a mainstream form of treatment to help healing and recovery.

The exhibition explored Edward Adamson’s approach and practice of using art and creativity to enable people’s recovery and healing. The festival seeks to challenge the stigma surrounding mental health, by showing many wonderful art objects created by those who were excluded in the asylums.

The 56 pictures, which were on display in the Long Gallery exhibition at the Maudsley Hospital, are photographs of original works. The exhibition has been installed as a permanent display on the first floor of Reay House, Lambeth Hospital, replacing the exhibition on the Adamson Collection that was there for many years.

David O’Flynn, Festival Director and Adamson Collection Trust Chair, said: “Edward Adamson’s pioneering work had a major influence on both the development of the art studio and of art therapy. “He worked single-handedly with hundreds of people over his 35 years, developing a particular approach to creativity and mental health. The Adamson Collection is emerging as one of the most important collections of art from mental hospitals internationally.

“Rarely exhibited, this is the first major showing of the Adamson Collection for almost a decade – and the first survey of Edward Adamson’s life and work since his death. These art works provide an invaluable insight into the hidden worlds of people living in a British mental asylum.”

You can see the exhibition at:
Reay House, Lambeth Hospital
Bethlem Museum and Archives (until 5 July)
You can find more information about the exhibition and the Adamson collection and watch a film about the festival at: www.slam.nhs.uk/adamson
A new study has found SLaM to be the most productive mental health trust for research productivity. The study, published by the Royal College of Psychiatrists, examined productivity of staff working across 57 NHS mental health trusts in England. It focused on the period between 2010 and 2012, and included funded portfolio studies and both funded and unfunded research.

The research study also found that, in terms of trust size and budget, SLaM has demonstrated the most growth over the last five years and is the most efficient in terms of published studies and also offers the best value for money.

The authors of the study noted that staff at SLaM are more than twice as effective at producing research publications than those at the nearest rival. Even after correcting trust size and budget, the trust was the most productive, producing seven publications per 100 staff years. The mean number of publications per 100 staff years was 0.73, meaning that on average NHS mental health trusts produce one paper per 137 staff years.

Recent research includes a study led by Professor John Strang in the Addictions CAG and colleagues at the National Addiction Centre which pioneered the use of naloxone – a single injection which can save the life of someone who has accidentally overdosed on heroin. The research promotes to heroin overdoses being treated in a new, more effective way: by providing the use of 'take home' naloxone: emergency treatment kits and training for drug users at risk of accidental overdose. These approaches are now being incorporated into clinical care guidelines in the UK, Denmark and Australia.

Another example is a research study to investigate whether people with schizophrenia or first episode psychosis are able to reduce their weight through a structured education programme was launched in January 2014. The trial was run in 10 sites across the country, including SLaM.

People with schizophrenia are two to three times more likely to be overweight or obese. As well as a range of adverse physical health consequences, such as diabetes and heart disease, weight gain may be an important factor that stops people taking their antipsychotic medication.

Dr Matthew Patrick, Chief Executive at SLaM said: “The findings are excellent news for SLaM and highlight the hard work of our staff. Our research productivity is in part due to our NIHR funded Biomedical Research Centres and Unit as well as our unique CAG model, both of which bring SLaM clinicians together with researchers from the Institute of Psychiatry, King’s College London. This relationship, as part of King’s Health Partners Academic Health Sciences Centre, is integral in enabling the NHS to improve the current and future health of the people that it assists.”
Do you know your five commitments?

We constantly monitor and measure the quality of care we provide at SLaM and we are always looking for ways that we can do things better.

We’re also assessed by other organisations on a regular basis. Most important of all, we received feedback from the people who use our services.

Our aim is to build trusting and longstanding relationships based on five commitments:

1. to be caring, kind and polite
2. to be prompt and value your time
3. to take time and listen to you
4. to be honest and direct with you
5. to do what I say I’m going to do