

In the community for the community

Better mental health care for Barnet, Camden, Enfield, Haringey and Islington

Georgiana Smith

Introduces the new Central Islington Community Team

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Communities can help end mental health inequality

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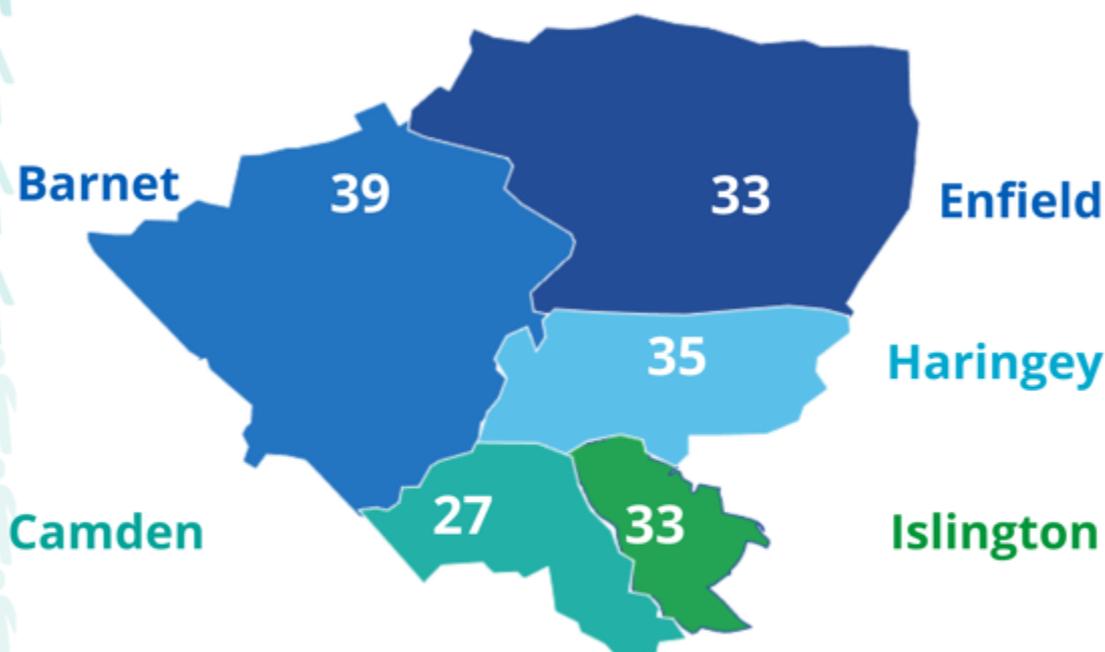
Meet...

Inclusion Barnet's Hannah Chamberlain

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In 2021, more than 160 new frontline workers are set to join community mental health teams in Barnet, Camden, Enfield, Haringey and Islington.

By 2024, hundreds more people will work in community teams – the biggest expansion of the local mental health workforce in NHS history.



New frontline roles in community teams in 2021 (Whole time equivalent)

Advanced Clinical Practitioners
Assistant Psychologists
Care Co-ordinator
Clinical Engagement Practitioner
Clinical Psychologist
Community Engagement Practitioners
Community Nurses

Community Practitioners
Community Psychologist
Consultant Social Worker
Graduate mental health workers
Medical specialists
Mental health practitioners
Occupational Therapists

Physical Healthcare Practitioners
Population Health Nurses
Practice Development Leads
Principle Psychologist
Service Lead
Specialist Practitioners

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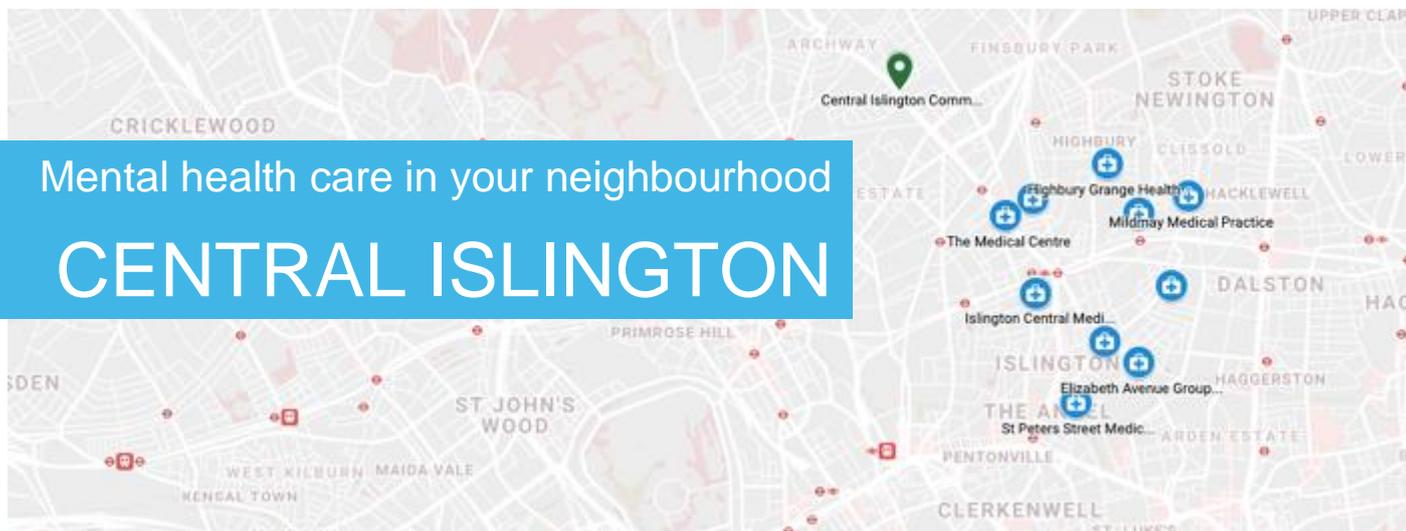


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Mental health care in your neighbourhood

CENTRAL ISLINGTON



Georgiana Smith introduces Central Islington's new neighbourhood mental health team.

On 1 July, 20 mental health experts from primary, secondary and social care came together to form the new Central Islington Community Mental Health Team.

Our team includes psychiatrists, psychologists, a pharmacist, social workers and specialist nurses. We've come together to provide more seamless and comprehensive care to adults with mental health problems.

We offer a one-stop service - mental and physical health checks, treatments including psychological therapies and social prescribing as well as social care and support.

The team includes five people with lived experience of mental illness with four more on the way. We'll soon welcome new team members from the voluntary sector.

Together, they provide practical support and help with housing, accessing benefits, seeking work or connecting with others in the local area.

In August, we move into our new permanent home on Holloway Road where we'll offer a range of new and expanded services. We also plan to host regular drop-in clinics at community centres and other locations.

Central Islington has some of the highest rates of mental illness in England. We want to make sure everyone can get help when they need it.

But we also want to change the way we think about mental health, so everyone feels able to get help with personal challenges before they become a crisis.

Our services are available to adults with a GP referral. In time, people will be able to access services without a referral. Over the coming months, we'll work with our health and social care partners and others to expand our services including new outreach services. Together, we can change the way we think about mental health.

Georgiana is the team's Population Health Lead Nurse.



Ensuring everyone can access timely care

Patricia Obichukwu explains why communities are key to achieving mental health equality.

Mental health problems are far too common among Black people in our community.

While we make up 11% of the local population, Black people account for 27% of those on mental health hospital wards and up to 40% receiving specialist care in the community. Sadly, most are diagnosed with mental illness for the first time in hospital, after they've had a crisis.

With funding for community mental health care set to triple over the next three years, we can change this terrible situation. But these numbers tell us we need to do something very different. The one-size-fits-all approach of the past simply won't work.

There's lots of research to show tailor-made services co-produced with the community reduce mental health inequalities. That's no surprise. Communities understand what drives mental illness locally. They can also help identify potential solutions.

The need for new culturally sensitive support for Black people has never been greater. At Wellbeing Connect Services, referrals from hospital, community and primary care team teams for psychological and social support have surged during the pandemic.

Over the past year, we've worked hard to reduce mental distress for thousands of families:

- supplied laptops to children at risk of losing a year of learning;
- handed out 2,379 meals to families struggling to put food on the table through food bank in collaboration with Felix project and London Community Foundation funding;
- provided 3,742 bespoke care packages including therapy, counselling and advocacy support to 2,387 people;
- hosted two virtual conferences and delivered a mentoring programme in local schools to help young people de-stress.
- working with schools in Enfield to get young people talking about mental health and overcoming stigma around mental illness.

There's no quick fix solution, but with targeted and equitable funding, we can turn things around. We need to act fast if over-representation of Black people in the mental health system is to be reversed.

Patricia is Director of Wellbeing Connect Services



Online resources

[The Black, African and Asian Therapy Network](#)

Find counsellors and psychotherapists

[Black & Minority Ethnic Carers support service](#)

Support for carers in Haringey

[Black Thrive](#)

Helping providers to co-produce services

[The Black Expression Project](#)

Peer support for Black men aged 16 to 30 in Haringey

[Ways to improve wellbeing](#)

Tips in 27 languages

[Wellbeing Connect Services](#)

Independent advocacy and family support in Enfield

Meet the team

Hannah Chamberlain Inclusion Barnet



Each month we introduce you to someone helping to transform mental health care.

How do you start your day?

I start my mornings meditating, journal writing or exercising. I like my rowing machine, yoga or swimming.

How are you helping to transform mental health care?

I work with Inclusion Barnet, a Deaf and Disabled led charity with a mission to provide peer support and campaign for users' rights and opinions. Working in partnership with the mental health Trust, we're helping to embed the new person-centred approach to care.

How does that work in practice?

Working with staff and service users, we're implementing new ways of working in terms of workforce, patient voice, person-centred practices and systems. For example, training peer workers and the teams they work alongside in the value of lived experience.

What are you working on at the moment?

Recently, I've produced videos and training resources for staff on using the new DIALOG+ app to co-produce care plans with service users. The DIALOG+ approach is a huge part of the new approach to co-producing care.

Why are you passionate about mental health?

I've worked with mental health charities for 20 years. I help people find their own voice to shape their care and local services. Listening to people's experiences is key to their recovery and providing quality care.

How do you relax?

I love spending time with my husband and chasing my 11 year-old son around the house. I'm also renovating our home which isn't always relaxing but keeps me busy.

What are you looking forward to post pandemic?

The pandemic helped me identify what's important, to strip out everything that isn't essential and to slow down. I want to continue that approach going forward.

Hannah is [Inclusion Barnet's project lead for the \[enablement programme\]\(#\) in Barnet, Enfield and Haringey.](#)