

# In the community for the community

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



SUMMIT  
SPECIAL  
EDITION

Summit generates over 100  
ideas to transform care

Pages 2 & 3

Your Summit questions  
answered

Page 4

SCAN TO  
SUBSCRIBE

## Over 200 people join our first Community Mental Health Summit

More than 200 people including service users, carers and residents took part in our Community Mental Health Summit on 10 November to hear how community mental health is being transformed.

A total of 186 people logged in to the online Summit to hear Trust CEO, Jinjer Kandola, C&I Deputy CEO, Darren Summers and BEH Medical Director, Dr Mehdi Veisi, explain why you'll soon find it easier to get help with mental health challenges. More than a dozen people attended an in-person event at St Ann's Hospital in Haringey.

Trust CEO, Jinjer Kandola, told attendees the multi-million pound programme to transform care would enable teams to treat thousands more people every year.

"We're recruiting hundreds of new frontline workers and expanding services to treat more people more quickly. From April, every adult can expect to start receiving care within four weeks of referral. By 2024, we'll be able to care for 10,000 more people."

Jinjer said new neighbourhood mental health teams rolling out over the next three years will provide "more flexible and personalised care that meets all of your needs while doing more to prevent mental health problems in the first place".

Darren Summers, who leads the NHS programme to transform community mental health care in North Central London, said the first of the neighbourhood teams are starting to operate. "They'll cover about one third of borough and local GP practices. In December, we'll apply for funding to roll out more teams and expand coverage across each borough. By 2024, the new teams will be fully operational."

Darren said new neighbourhood services will be developed in consultation with local communities. "Once the new neighbourhood teams find their feet, they'll reach out to communities to further develop services beyond the core services. Services will be tailored to meet the unique needs of communities."



[Watch the Summit](#)



[Read Jinjer's speech](#)



[Read Darren's speech](#)

# Summit generates over 100 ideas for transforming care

More than a dozen experts by experience facilitated breakout groups at the Summit. This image shows how they felt after the event.



Service users, carers, residents and others put forward more than 100 ideas to transform care at our Community Mental Health Summit.

Attendees at the Summit heard how local mental health trusts are recruiting hundreds of new frontline workers and expanding services to make it easier to get care and support.

After hearing about plans to transform community mental health care by 2024, attendees split into small groups to share their thoughts and ideas for transforming care. Each group was invited to identify its priorities for transforming care.

Suggestions included easier access to services, more psychological therapies and other services, increased support for carers and more help for residents to protect their mental health. The breakout groups also asked for new approaches to tackle mental health inequalities to be developed in consultation with communities.

North Central London Programme Lead, Darren Summers, said all suggestions were appreciated. “We had terrific engagement at our Community Mental Health Summit with more than 180 people joining online and another 15 attending an in-person event at St Ann’s Hospital.

“We received over 100 suggestions for transforming community mental health care from 25 groups. Every idea will be considered.”

Your suggestions and posts in full



[Download your suggestions](#)



[Download your posts](#)

# Your suggestions

View the full list of [priorities and posts online here](#)

<b>Shorter waits</b>	<b>Services closer to home</b>	<b>Drop in facilities</b>	<b>Ability to self refer</b>
<b>More input into shaping services</b>	<b>More support for carers</b>	<b>New approaches to end inequality</b>	<b>Fund grassroots organisations</b>
<b>More resources for young people</b>	<b>Training to protect mental health</b>	<b>More support for new parents</b>	<b>More staff</b>
<b>More peer-led services</b>	<b>Trauma-informed care</b>	<b>Joined up services</b>	<b>Ask minority groups what help they need</b>
<b>Truly holistic care</b>	<b>More time for me</b>	<b>More help for people with learning difficulties</b>	<b>More help with eating disorders</b>

# Your Summit questions answered

Find more answers online at <https://www.beh-mht.nhs.uk/faqs.htm>

## Why are these changes happening now?

These changes are part of the [NHS Long Term Plan](#) – the national strategy to transform care and improve quality of life for people with long term conditions including mental health problems. The transformation is supported by record additional funding – total NHS spending on community mental health services in North Central London is set to increase significantly between 2021 and 2024.

## Who will have an assigned keyworker?

From April 2022, every adult under the care of community mental health teams will have an assigned keyworker – a professional they can contact if they need more support in future. This includes adults currently receiving care and those referred in future.

## What about young people?

We're also investing millions of pounds to expand and transform services for children and young people. We're recruiting more frontline workers – doctors, nurses, psychologists, social workers, occupational therapists and others. We'll also commission new and expanded support services from community sector organisations to provide practical help to resolve problems that can impact mental health and support those in recovery.

## How are Local Authority services involved?

We are working closely with our colleagues in local government to transform community mental health care at a regional level as partners on the North Central London Integrated Care Board, at borough level in Integrated Care Partnerships and Health and Wellbeing Boards and other groups. We deliver community mental health services in partnership with Councils in most boroughs. We expect these working relationships to deepen as the programme evolves.

## Are you recruiting therapists?

Yes. In addition to recruiting qualified psychologists, we're also recruiting psychological therapists and trainees. They will work in new neighbourhood mental health teams or specialist services for those with the most complex needs.

## What support will be available for carers?

With more staff, we'll be able to provide more support to carers. For example, the National Institute for Clinical Excellence recommends carers of adults diagnosed with psychosis and schizophrenia are offered an assessment of their own mental health needs and should co-produce an annual care plan to address their unmet needs.

## What does success look like?

By providing help earlier, we expect to see fewer people needing crisis support, hospital treatment or being detained under the Mental Health Act. By providing more help to look after your physical health, we expect to see a reduction in premature deaths from physical conditions like cancer and heart disease. By providing more support to get into work, we expect to see a significant increase in the number of people with a diagnosed mental health condition in employment. These changes won't happen overnight and will likely take many years. We'll track these and other measurable outcomes as this programme evolves.

## Who is a keyworker?

In most cases, the keyworker will be the mental health professional you're scheduled to meet at your next appointment. This may be a nurse, psychologist, social worker, occupational therapist, doctor or other professional. Part of a larger multi-disciplinary team, the keyworker is not expected to provide all your care. They will link you up with others in the team to ensure you get the help you need.

Published by

**Barnet, Enfield and Haringey Mental Health NHS Trust**  
St Ann's Hospital, St Ann's Road, London N15 3TH

Email: [beh-tr.communications@nhs.net](mailto:beh-tr.communications@nhs.net)

**Camden and Islington NHS Foundation Trust**  
St. Pancras Hospital, 4 St Pancras Way, London NW1 0PE

Email: [communications@candi.nhs.uk](mailto:communications@candi.nhs.uk)