

# Journey to better mental health



**In this month's edition:** Hear about the construction work at our sites and see the latest developments in pictures.

## Construction update from our development director, Akin Durowoju



“The construction journey for our new facilities is well underway. If you pass our sites at Lowther Road or Highgate, you will notice that the landscape is looking significantly different.

“After several months of ground preparation work at Highgate East, our builders are now installing the substructures for our new hospital building, for example, the lift shafts. Structural work will continue for the next few months before we see the walls being erected around early summer. At that stage, the building will begin to come together very quickly

and I know that many of our staff and service users will be excited to see the building they have designed, really take shape.

“In the community, the old facility at our site at 1 Lowther Road, Islington, has now been demolished and ground preparation work is ongoing.

“This is another significant project in the St Pancras Transformation Programme. It will deliver our first integrated community mental health facility to provide a range of spaces to support people living with mental illness in their communities.

“The new, bigger building will enable us to offer more services under one roof by facilitating the co-location of our community teams, while allowing them to work more closely together to deliver more person-centred care. It will also provide space for voluntary and social enterprise sectors, primary care and local authority services, to improve access to a

wider range of support and wellbeing services for our service users.

“Elsewhere in the programme, very shortly, we will begin the co-design process for our new building on the St Pancras Hospital site. This facility will have space for specialist and regional community mental health services, the Institute of Mental Health, Recovery College, a training centre and the Trust’s headquarters.

“Opportunities to get involved in the co-design of this new facility will be shared in the coming weeks. I look forward to working together to design this new landmark building.”



Artist impression of our new hospital at Highgate East, opposite our existing Highgate Mental Health Centre (Highgate West)





Building site at Highgate East



A purpose built  
hospital for mental  
health care



A place where  
everyone is  
welcome and  
everyone is  
respected



Creating our first integrated community mental health facility at Lowther Road



Space for clinical teams and partners to deliver more joined up community services



## Giving service users greater control of their care plan

We are rolling out a changed approach to care planning, to ensure that what service users say are their priorities and concerns, are at the heart of their care plans. These co-produced plans will help clinicians and teams support service users more holistically around their medical care, psychological wellbeing and social aspects of their lives.

This change follows an announcement by NHS England about care-planning for people accessing community-based mental health services. In the new guidance NHS England said every adult accessing community-based care should co-produce a holistic personalised care and support plan from 2022. They should also be provided with the name of a key worker they can contact if their needs change.

Our new care planning approach, called DIALOG+, makes it much easier to co-produce a personalised

care and support plan with people. This will replace the Care Programme Approach (CPA) with research showing that DIALOG+ significantly improves quality of life and care experience.

Pilots are underway now and clinicians are rolling out the use of DIALOG+, and explaining to people how it will affect them. Service users are asked to rate different aspects of their life, including their relationships, their health, their accommodation, their medication etc. They then work with the community team to improve the areas they are least happy with.

Watch our short video to find out more:

[DIALOG+ in C&I - Emily Van de Poel, Transformation Programme Director is joined by Itai Chikomo, Associate Director of Nursing, and Expert by Experience, Johnny Valvanis](#)



## Mental health training packages for local partners and businesses

We spoke to Dr Beverley Flint, Clinical Psychologist at Camden and Islington NHS Foundation Trust, about the mental health training on offer for local partners and businesses.

Beverley said: “We know that one in six people in work will be living with a diagnosable mental health difficulty – whether they know it or not. And increasingly people are hoping their employers and managers will make reasonable adjustments for their mental health difficulties.

“Mental health difficulties can be protected by the Equality Act so employers need to be aware of how to support staff members when needed.”

With this in mind, Beverley and her team have created training packages that cover a range of mental health topics. These include: recognising anxiety, imposter syndrome, what a meaningful wellbeing strategy should include and how to have helpful conversations about mental health difficulties with colleagues and managers. These sessions are available to book by local partners and businesses.

The training is led by Beverley or a team member, currently via online sessions only. Training packages can be designed to meet the needs of individual organisations.

Training costs, where applicable, are reasonable.

To discuss your needs, and any associated costs, please contact [beverley.flint@candi.nhs.uk](mailto:beverley.flint@candi.nhs.uk)

## Get involved

Detailed information about our programmes and opportunities to get involved are available on our website at [www.candi.nhs.uk](http://www.candi.nhs.uk)

If you have specific questions, please send them to [communications@candi.nhs.uk](mailto:communications@candi.nhs.uk)

If you would like to discuss any part of the plans, we are happy to attend one of your regular meetings. Please send an email to address above to arrange a date.