

# In the community for the community

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

In this edition

**Dr Gareth Jarvis**

How mental health care is changing

**Dr Ian Prenelle**

Joining up records to improve mental and physical health

**Meet..**

Expert by Experience  
Katherine Barrett



## Care for people with serious mental illness is changing across Barnet, Camden, Enfield, Haringey and Islington, writes Darren Summers.

Having worked in mental health care for over 20 years, I'm genuinely excited about the future.

The *NHS Long Term Plan* reminds us that mental health is just as important as physical health and people who have long term mental health conditions need more support to recover and stay well.

Over the next three years, we'll invest £25 million to strengthen community mental health services and implement the national [Community Mental Health Framework](#) in Barnet, Camden, Enfield, Haringey and Islington.

This new funding will transform care and improve quality of life for thousands of people with serious mental illness across North Central London.

We're recruiting hundreds of new frontline workers to our services and making it easier to get care.

We're working collaboratively with health and care partners including local authorities and the voluntary and community sector to provide more services in neighbourhoods aligned to primary care.

We're creating new multi-agency teams to deliver person-centred care that meets people's mental health, physical health and social needs.

These teams will include primary care clinicians, psychiatric nurses, psychologists, psychiatrists, social workers, people with lived experience of mental illness and voluntary and community sector professionals.

They'll offer more support to help people achieve their goals and stay well including help accessing housing or other benefits, training and other services.

We'll work with GPs, local authorities and others to improve the mental health and wellbeing of all residents. This means working collaboratively to tackle social and economic factors that can impact wellbeing like isolation and loneliness.

Transforming mental health care will take time. This new approach will be rolled out gradually from July 2021 onwards in collaboration with health and care partners and our communities.

This new monthly newsletter will help keep you up-to-date with this exciting programme of work, as well as offer you opportunities to get involved.

*[Darren Summers leads North Central London's programme to transform community mental health services.](#)*

# How mental health care is changing



**Dr Gareth Jarvis** outlines the new approach to treating mental illness.

Research suggests long-term mental illness increases the risk of physical health problems and can cut lives short by up to 20 years.

Our new approach to treating and preventing serious mental illness will tackle this massive issue head on.

By providing earlier treatment and ongoing support, we'll help people recover sooner, manage their own condition and stay well.

We'll make every contact count, with targeted support from the first appointment and follow-up care that addresses their mental health, physical health and social needs.

Care will be personalised, proactive and flexible with services stepped up or down as needs change. We'll help people develop strategies to manage their mental and physical health, as well as other important areas of life like relationships, work, housing and finances.

Care will be coordinated and streamlined to ensure people's health and social needs are addressed together, where possible, and they don't need to keep repeating their story. Instead of referrals, specialists will 'step in' to provide care in the local community.

Teams will partner with residents and others to ensure services reflect local needs and are accessible for everyone. They'll develop new programmes to engage those groups who have not always been able to access mental health services easily.

We'll lead efforts to improve mental health and wellbeing in our region for the first time. Working with GPs, local government and others, we'll develop whole-population strategies to build resilience and address some of the causes of mental illness like inequality, poverty and isolation.

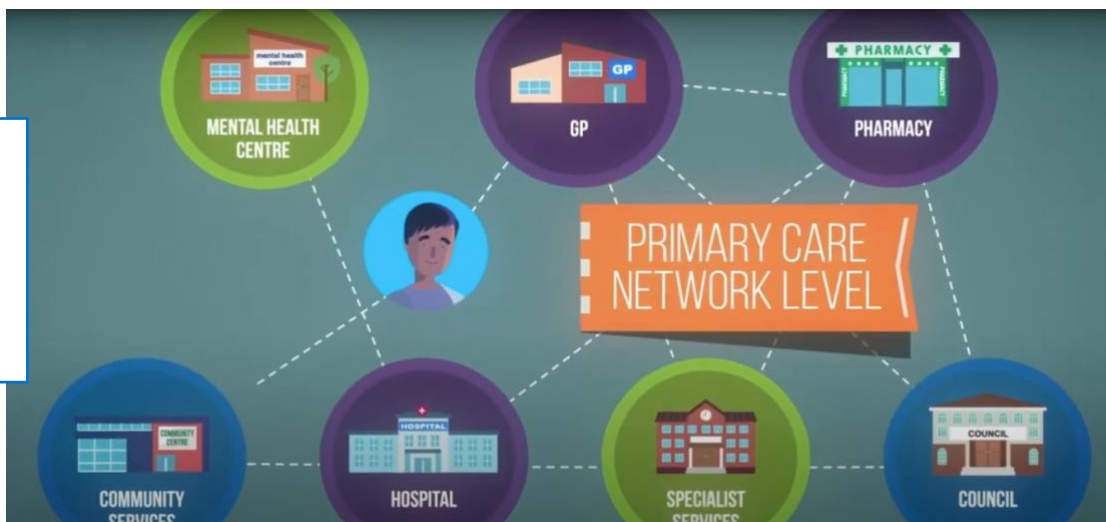
The new approach is informed by extensive consultation with service users, staff and others over many years which will continue into the future. Delivering better mental health care requires no less.

*Dr Gareth Jarvis is Barnet, Enfield and Haringey Mental Health NHS Trust's clinical lead for transforming community mental health services.*

	Online mental health resources
<b>Barnet</b>	<a href="https://barnet.gov.uk/mental-health-and-wellbeing">barnet.gov.uk/mental-health-and-wellbeing</a>
<b>Camden</b>	<a href="https://mentalhealthcamden.co.uk">mentalhealthcamden.co.uk</a>
<b>Enfield</b>	<a href="https://mylife.enfield.gov.uk">mylife.enfield.gov.uk</a>
<b>Haringey</b>	<a href="https://haringey.gov.uk/social-care-and-health/mental-health-and-wellbeing">haringey.gov.uk/social-care-and-health/mental-health-and-wellbeing</a>
<b>Islington</b>	<a href="https://directory.islington.gov.uk">directory.islington.gov.uk</a>
<b>Health and care professionals</b>	<a href="https://keepingwellincl.nhs.uk">keepingwellincl.nhs.uk</a>
<b>NHS</b>	<a href="https://www.nhs.uk/every-mind-matters">www.nhs.uk/every-mind-matters</a>



Click here to watch a video explaining how HealthIntent works



# Joining up records to improve mental and physical health

A new joined-up health and care record will transform care for people with long term mental health conditions writes **Dr Ian Prenelle**.

In the coming months, the largest providers of mental health services in North Central London will start using the region’s new shared health and care record system HealthIntent.

This state-of-the-art platform links individual records from GPs, NHS hospitals and local governments across Barnet, Camden, Enfield, Haringey and Islington to create a single health and care record.

This joined-up record summarises each person’s past and future care, including medication, allergies, test results, treatments and upcoming appointments.

The platform makes it much easier for health and care professionals, including mental health teams to coordinate care. For people receiving care, it means they won’t need to keep repeating their story.

The joined-up record also enables mental health teams to easily identify gaps in care including, for example, those needing physical health checks or more social support. They can also use the system to help improve mental health and wellbeing for the whole population.

Using anonymised data, population health experts will be able to identify neighbourhoods or groups that may need additional mental health support. They can also track mental health trends and confirm our new approach is delivering results for our service users.

The new joined-up record is a massive step forward in our vision to deliver better mental health care for everyone.

*Dr Ian Prenelle is Camden and Islington NHS Foundation Trust’s clinical lead for transforming community mental health services.*

Find out more



Click here for more information or visit <https://bit.ly/3f1VoHA>

# Meet the team

Expert by Experience

**Katherine Barrett**

Introducing you to some of those helping to transform mental health care



**I first experienced a mental health crisis more than 20 years ago and have been admitted to hospital a number of times.**

I had a pattern of behaviour. I was well for a while before I'd stop taking my medication. My mental health would decline quickly to the point of crisis and needing hospital treatment. On one occasion after leaving hospital, I found myself homeless.

Having a home is vital to good mental health. Everyone, including those of us with mental health challenges, need to be able to close the front door and take time out from the rest of the world. Not having a home makes recovering from mental illness very challenging.

By providing more support to people with housing, money or other difficulties, I hope my experience becomes less common in future.

While my mental health has been good for quite a few years now, the pandemic was unsettling. As we all locked down, I found myself stuck at home. I couldn't go out. I knew I needed to find things to do.

As a Camden resident, I was lucky enough to be referred to a community support programme which has helped me through the pandemic. Through the Camden Resilience Network, I've been able to keep busy and make new connections.

I've taken classes in archaeology and cooking. I always have something to do. I attend regular coffee mornings and hope to join walking groups in time.

This programme has helped me, and hundreds like me, to stay well in difficult times. I was able to access this service because of where I live. In future, everyone will be able to access similar services. That can only be a good thing.

*Katherine Barrett is a member of the North Central London Reference Group to transform community mental health services.*

## Subscribe online

Click here to sign up to receive this newsletter in your inbox every month.

You can also scan this QR code or visit <https://bit.ly/3tSOqJ2>

