South London and Maudsley NHS Foundation Trust (SLaM) is working to improve outcomes for members of the black community who are experiencing mental illness. The following examples demonstrate how we are working to ensure that services in Lambeth are designed and delivered in a way that meets their needs.

**How can we improve prevention and reduce stigma?**

In Lambeth we have developed a range of interventions to engage with different communities. We work with Lambeth College, faith groups and librarians. Our mental health promotion team engage with residents on Angel Town estate where high levels of mental health needs have been identified and provide Lambeth Youth Mental Health First Aid through workshops.

At SLaM we recognise the need for greater engagement with the community and have made plans to further develop our services in Lambeth. For example, there is a successful Community Development Worker role in Lewisham and we want to extend this role into Lambeth. The mental health promotion team also run a ‘Faith and Mental Health Training’ project which has made links with faith communities, increased mental health literacy and improved understanding between mental health services and BME communities.

**How can we improve access to services? (early intervention through to crisis)**

**Early intervention and talking therapies**

Lambeth IAPT (Improving Access to Psychological Services) recognises the difficulty of young black men accessing primary care mental health services. This is observed in an under-representation of young black men at the point of entry in our service. Staff discussed this with some community leaders, tried to look at it from a service user perspective and we have taken a number of approaches.

Examples include ‘taking the services to the patient’ in a location that tried to redress perceived power differences. Staff negotiated running a series of ‘Mental Health Awareness’ workshops with young black fathers and engaged with at St. Michael's Fellowship (a voluntary community group) who have been successfully running a weekly young fathers group at a childcare centre in Brixton. This platform allowed the attendees of the group to set the agenda to openly discuss their perceptions and fears about mental health services. We raised awareness about what mental health can look like, what therapy looks like and normalising experiences. Having access to a clinician (not dressed formally) allowed group attendees to start developing more trusting relationships with the clinician and by extension with services. This was demonstrated in group attendees asking for service leaflets by the final (3rd) session and being more able to discuss mental health in a less stigmatising way, with more openness to seek help from statutory services.

**Family therapies and engagement with young people**

-Lambeth CAMHS (Child and Adolescent Mental Health Services), in collaboration with the Institute of Psychiatry (IoP), run family therapy clinics for children/young people and their families, 33% of attending families are from black and Caribbean communities

-OASIS is a service offering advice, support and treatment for young people (14 – 35 years) who are having psychological and emotional problems. OASIS aims to help people who live in Lambeth, Southwark and Lewisham get their lives ‘back on track’, provide information and offer practical support
- We are part of an innovative pilot with MAC-UK and the Council in Southwark called ROOR (Reach Out, Out Reach) which is co-created with largely young black men at risk of gang membership. This provides a street therapy approach to make mental health accessible to excluded young people within their own community.

- Lambeth CAMHS is a member of a multi-agency group (child health professionals and educational psychology) which is coordinating clinical and educational services to schools. SLaM has also developed a specialist service specifically designated for schools focusing on evidence-based training and education, direct clinical care all delivered in a coordinated way.

- We have contributed to FAST (Families and Schools Together) groups at schools, one member of staff in Summer 2013 and two members of staff in Autumn 2013 - these groups are aimed at promoting family functioning, mental health and social capital. This was funded through Save the Children and delivered by the local authority in partnership with us.

- EPEC (Empowering Parents, Empowering Communities) is a community-based programme training local parents to run parents groups in schools and children’s centres. The model works on the assumption that parents find it less stigmatising and more supportive to attend parenting groups run by local people.

How can we improve the patient experience?

**Adult Mental Health (AMH)**

A major redesign is underway in Lambeth AMH services as part of our contribution to the Lambeth Living Well Collaborative (LLWC). We want to realign our resources so that we maximise our ability to focus on relapse prevention. Our services in the community will be widened which will benefit the BME community.

The AMH model will provide an enhanced assessment service, greater support to people in crisis to prevent their need for admission and lower caseloads within the community teams to allow increased engagement and therapeutic interventions. A staff consultation is currently underway and runs until 5 March.

**CAMHS**

SLaM has launched several initiatives to improve the experience of young people, including:

- Black History Month events which aim to provide a diverse and cultural opportunity for parents/carers within CAMHS and to celebrate the cultures of the population of Lambeth.
- CAMHS works closely with AMH when they are concurrently involved with the same family, working to enhance the experience of the entire family.
- The Streatham Hill Well Centre for adolescents has been very successful. This is based at a GP practice and youth workers and CAMHS practitioners are easily accessible at this centre. We are looking at extending this model to the young person’s presentations to A&E departments, particularly for those who self-harm and find it difficult to engage with clinic-based CAMHS services.
Prevention and work on violence

SLaM can report a reduction in rates of violence using a ‘collaborative pharmacological approach’ – see slides (innovations to reduce violent incidents over the years)

SLaM has had significant input into the Schizophrenia Commission report which addresses violence and black mental health in acute inpatient wards. SLaM is signed up to the Innovation Network and working to improve and change as per the recommendations.