
Mind & Body Programme

ADD DATE



Why mind and body?



Nearly half

of people with mental illness also have at least one long-term physical condition



30%

of people with long-term physical health conditions also have a mental illness



15-20 years

shorter life expectancy for someone with a severe mental illness or learning disability than for those without



£8bn

a year is spent by the NHS treating the effect of poor mental health on physical illnesses



Why do we need change?



A shared mission

“

Our ambition is for all of our clinical services to routinely address the mental and physical health of our patients, for our workforce to be fully aware of the relationship between mind and body, and for all of our staff to be able to support our patients and service users appropriately as they navigate our sometimes complex system.

”

Amanda Pritchard, Dr Matthew Patrick & Nick Moberly
Chief Executives, Guy's and St Thomas', South London
and Maudsley and King's College Hospital
NHS Foundation Trusts



How should we change?

By **assessing all patients** for common mental and physical health conditions in all care settings, the right support or treatment can be identified as soon as possible.

- IMPARTS: Integrating Mental & Physical healthcare: Research, Training & Services
- Physical Health Checks (& testing Physical Health Plans) for those with severe mental illness

Developing new and enhancing existing service & system infrastructure to fully embed a joined up approach. This includes staff **working together in multidisciplinary teams** across primary, secondary and community care.

- Improving access to psychology through IAPT, online & mental health liaison teams.
- Focus on long term conditions: Diabetes, Respiratory & Heart Failure, Haematology
- Physical health in-reach for people with severe mental illness

By **raising awareness and understanding** of the connections between mental and physical health and how they should be managed. We should all be better equipped to get the care we need, in the right place.

- Education Matrix for staff to help guide uptake
- Inter-professional training opportunities
- Various methods of staff training: online, 1 day, 5 day, simulation
- Staff health & wellbeing



IMPARTS

Informatics

- Routine collection of patient-reported outcomes with advice on care & referral

Care pathways

- Development of mental health care pathways for patients identified via screening

Training

- Training in mental health skills with ongoing supervision from a mental health specialist

Self-help

- Portfolio of bespoke self-help materials, tailored to specific physical conditions

Research

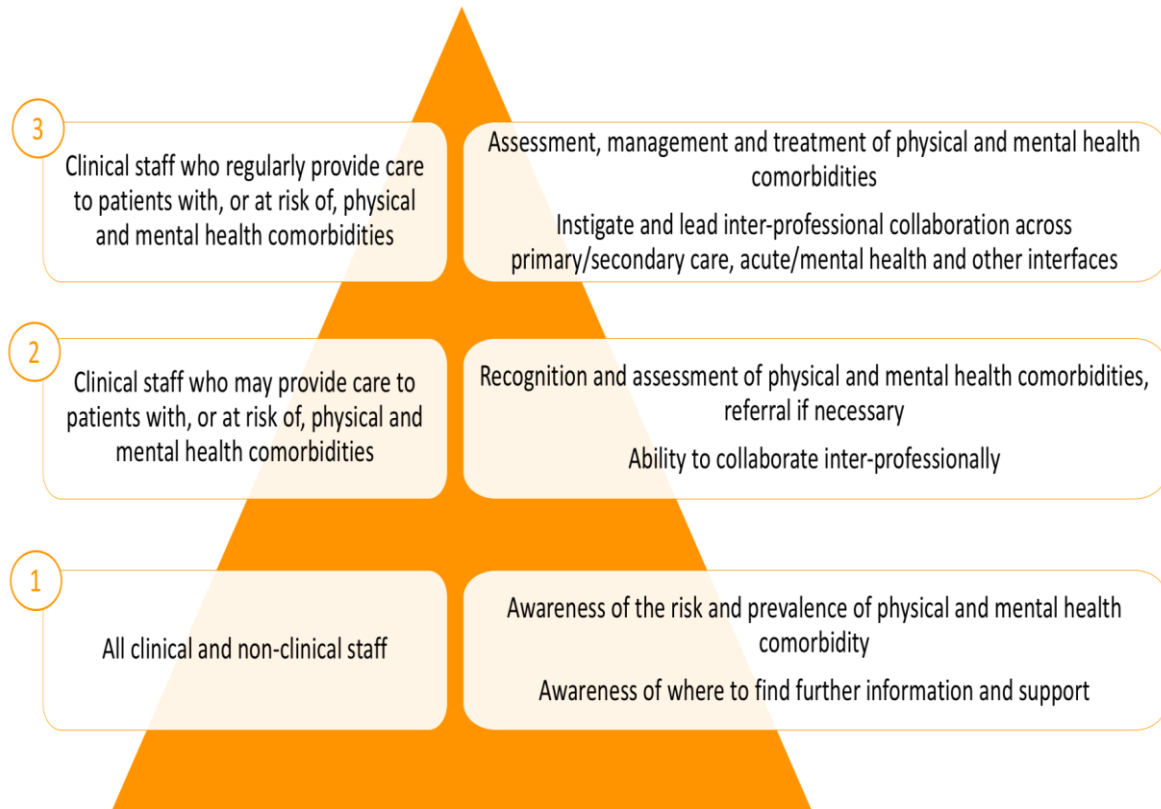
- Research database
- Development and evaluation of new interventions



Education & Training Offer

- Mind & Body animation
- Mind & Body e-learning
- 1 day Clinical Skills Course
- Maudsley Simulation
- IMPARTS Seminar, bitesize clinical training and 5-day course

Contact
mindandbody@slam.nhs.uk
for current dates and offers





Champions Network

Be part of a network of people advocating for the importance of integrated physical and mental healthcare

Who can be a champion?

- Any staff from our local system can become a Mind and Body Champion.

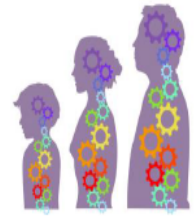
How to be a champion?

- Email mindandbody@slam.nhs.uk to register your interest and complete your e-learning.

What I can be involved in as a champion?

- Receive monthly mind and body newsletter to link you in with the latest projects, events and training opportunities.
- Contribute your own newsletter content via blogs and news stories
- Attend and contribute to focus groups and networking events to discuss topics around patient care, staff health and wellbeing and more.
- Professional education and training opportunities.
- Receive a range of useful resources to help support your advocacy work and for you to lead on your mind and body work.





What can you do as a Mind & Body Champion?

Awareness

Advocacy

Practice

Leadership

Ways to be involved

- Complete your [Mind & Body e-learning](#)
- Show the Mind & Body two minute animation at your team meetings/MDMs
- Get involved on social media using #mindbodycare

- Give a short presentation at your team meeting/MDMs to start a conversation about why Mind & Body matters to your patients, carers and families
- Hold information stalls or roadshows in your workplace
- Encourage others to become Champions

- Refresh your mind and body clinical skills
- Promote your existing mind and body work
- Participate in focus groups led by the Mind & Body team (coming soon!)
- Looking after your team's mind & body is just as important – take time to agree a staff health and wellbeing plan as a team

- Lead a service improvement project to embed mind and body interventions in your service
- Work with us to identify and respond to common barriers to delivering mind and body care
- Attend mind & body events, seminars and conferences

Resources to help you

- The Champion's [resources pack](#) includes posters, our short information leaflet & a link to the animation
- Follow @kingshealth and @katemindandbody on Twitter to join in

- The Champion's [resources pack](#) includes posters to advertise the network (including specifying a local point of contact), our standard presentation slide deck, and other resources to help you host a stall

- Take a look at our [education and training offers](#) and sign up to a course
- Come along to events advertised through our monthly newsletter
- Access your occupational health resources for staff and look out for a new Mind & Body local health and wellbeing team toolkit coming soon!
- Email us at mindandbody@slam.nhs.uk to promote existing work

- Keep an eye out for events advertised through the monthly newsletter
- Write a blog on your experiences of Mind & Body care
- Get in touch with us to discuss ways to kick off a service improvement project mindandbody@slam.nhs.uk

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Reflections
and ideas

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Staff health & wellbeing

- 5 ways to wellbeing
- Mindapples
- King's Health Partners Happier@Work – training available. Email mhpt@slam.nhs.uk for dates.
- Occupation Health Department





Discussion: Needs Identification

- What do you currently do to assess people's mind and body needs?
- How could you go about improving the assessment of people's mind and body needs?
- What are the positives and negatives, or barriers, of assessing mind and body needs?



Discussion: Service Development

- What current pathways or services are available in our local area that address people's mind and body needs? Can we learn from these?
- Is there a gap in our service? Is there an opportunity to do things differently?
- What are the positives and negatives of, or barriers to, establishing new pathways or links?



Discussion: Education & Training

- Would the current Mind & Body training offer have something that would be useful for you?
- Has anyone already done any Mind & Body training?
- In addition to what's on offer, what resources would be helpful to you and our team?
- How could we embed this training in the everyday practice of our team?



Discussion: Patient Story

- *Insert your own patient story*
- *Brainstorm around improving their experience and outcomes related to their mind and body*



More information

Email mindandbody@slam.nhs.uk

See the latest mind and body news and blogs at <http://www.kingshealthpartners.org/mindbody>

Follow on Twitter via
[@KateMindandBody](https://twitter.com/KateMindandBody)
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