

Are you receiving or have you received support from a Community Mental Health Team (CMHT) in Brent, Harrow, Hillingdon, Kensington & Chelsea or Westminster?

Are you interested in improving the community care of people with serious mental illness?

We are looking for Experts-by-experience and Carers to join our project team!

What is the project about?

Community Mental Health Teams (CMHT) are an important part of a mental health patient journey. It is widely acknowledged that good quality, productive care in a community setting can help a person become and remain well avoiding future admissions and moving on to have their care provided, in a less restrictive setting, by their local GP.

Over the past ten years the services that surround and feed into the CMHT have gone through significant transformation. This change has resulted in CMHT staff feeling under pressure and unable to cope with demand, work must be done to work with staff and users of the service to make sure both are satisfied with the care they are receiving or providing and the system by which that care is delivered in.

What is the project aiming to achieve?

The aim of the project is to define the offer of the CMHT to ensure:

- Service users most in need of care are able to receive it
- Service users can receive the right care at the right time
- Service users receive evidenced based interventions to help promote their recovery
- Service users and staff are clear about the purpose of their care and what is available to them whilst with the CMHT, understanding how they will recognise when they are ready to move on

Who will be involved in the project?

It is envisaged that the project team will be made up of the following people:

- Divisional Medical Director
- Community Consultant
- Care Coordinator
- Expert-by-experience advisors
- Carer advisor
- Borough Director
- Borough Clinical Director
- Project Manager

Why are recruiting Experts-by-Experience and Carers?

CNWL strongly believes that service improvement projects are much more likely to succeed if people who have experience of using services and people who have experience of caring for those who have used services are as involved as much as possible in the project work. Involving expert by experience and carers means we can:

- Make sure the project is relevant to the everyday experience of service users and carers
- Check we are not missing important concerns and new ideas;
- Increase the chances of our interventions and research findings being effective in practice;
- Provide opportunities for shared learning and personal development

Please note we have chosen to use the terms 'Expert-by-experience' and 'Carer' in this advert. As identity is such a personal issue we would like to discuss with those involved in the work as to how they would like to self-identify and wherever possible use these terms in relation to individuals as our work develops.

What would be expected of me?

The Project Team meet every 4-6 weeks depending on need and speed of progress. Project steering group meetings will be held in central London. You would be expected to attend these meetings, contribute to discussions and advise staff on the best course of action from an Expert-by-experience or Carer perspective. We are also very keen to hold a specific Expert-by-experience event to get wider service user feedback in a more focussed environment, you would be expected to work with the team help organise this event and help to recruit attendees. It is likely that your input will be required until March 2019 and we would hope that you can start attending project meetings from September/October 2019.

Who can be involved?

Expert-by-experience Advisors - We are looking for individuals who have received (within the last 2 years or so) or are currently receiving treatment from any of the Community Mental Health Teams (CMHTs) in Brent, Harrow, Hillingdon, Kensington & Chelsea or Westminster.

Carer Advisors – We are looking for individuals who have cared for, or are currently caring for, an individual who has received treatment in the last 2 years or so from any of the Community Mental Health Teams (CMHTs) in Brent, Harrow, Hillingdon, Kensington & Chelsea or Westminster.

We think this project will appeal to those who:

- have an interest or concern arising from direct and indirect experience of using community mental health services;
- are interested in improving the care for people who have mental health problems and are being treated in the community;
- Want to explore the role Expert-by-experience Advisors can play in improving

health care through partnership in research.

What will I get out of being involved?

We believe everyone has an individual set of skills, knowledge and experience (assets) that they bring to this work; we also believe that there can be benefits for everyone who gets involved. For Experts-by-experience and carers these may include:

- Re-discovering and learning new skills and knowledge;
- Learn about service improvement methods and approaches;
- Personal development;
- Increased confidence;
- Improved employability
- New relationships.

CNWL will also offer a payment of £10.00 per hour and travel expenses will be reimbursed.

How do I get involved?

There are limited spaces on the project team. However it may be that we have many people wanting to get involved. It was agreed the best approach would be to find out exactly how many people are interested and if necessary have a selection process.

To help us do this we are asking interested Experts-by-experience and carers to **send us a short statement** (one page or less) expressing interest in being a member of the Community Transformation Project team saying:

- Why you are interested in the project;
- What experiences, skills or interests you have that you think would contribute to the success of the project;
- Whether you would have any problems meeting the time commitments needed for each and
- What additional support, if any, you may need to participate.

The statement does not have to be a perfect piece of writing or be very formal, like a job application - we are interested in what you are able to bring to the work.

Please send your expression of interest to h.dixon1@nhs.net via e-mail by Friday 24th August 2018

Dependant on the numbers interested we may then ask to meet you in person to discuss your application.