A festival of fun for teenagers

Twenty-four hour emergency mental health support
Sniffer dogs in psychiatric settings: meet Raffy the drug-fighting labrador

happy heads

News from South London and Maudsley NHS Foundation Trust for staff and members

SLaM news
Autumn edition 2014

South London and Maudsley NHS Foundation Trust
It's been an exciting few months at SLaM, with a number of new services and projects.

In July, together with a range of partners, we launched a service which aims to help the thousands of people who come into contact the capital's front line police officers every year. The street triage service provides police in four London boroughs with 24-hour telephone support from SLaM. Turn to page 10 to read the full story.

Summer also saw the launch of the Wheel of Wellbeing – an innovative new website which aims to help improve moods, reduce the risk of depression and strengthen the relationships of users. Read more on page 23.

Our cover story captures some of the highlights of the Happy Heads festival, which saw over a hundred teenagers enjoy a day of workshops, demonstrations, live music and advice from mental health professionals.

On 1 October, SLaM will go completely smokefree. This means staff, patients and visitors won't be able to smoke anywhere in the Trust including all wards, grounds and vehicles. We explain why on page 16.

The great achievements of our staff continue to be recognised by external organisations – discover more on pages six and seven. And we introduce our new Director of Social Care on page 24.

Inside we also feature the impressive work of Raffy and his canine colleagues who help to reduce drug and alcohol misuse within SLaM through sniffing out illegal drugs, tobacco and other contraband in our hospitals.
People experiencing mental ill health and carers can face considerable challenges getting a job or returning back to work.

SLaM’s apprenticeship scheme aims to help people in these situations into work through supporting them to meet their long term goals and aspirations. For participants who have experienced mental health problems it also aims to contribute to their recovery.

The initiative, which was launched in early 2013, is for people of working age who have lived experience of mental health problems and people who have personally cared for someone experiencing mental health distress. It is funded by the Local Education and Training Board for south London (LETB).

There are three types of apprenticeships available: business administrator, clinical support worker and training and education.

Leanne Burke is on the training and education apprenticeship scheme.

Leanne said: “My therapist at SLaM saw the advert and suggested I apply. I couldn’t believe there was a role that wanted people who had experienced mental health problems.

“The scheme has given me amazing support and really improved my confidence. It has given me hope and control over my recovery process.”

The apprentices work across a range of SLaM’s Clinical Academic Groups (CAGs) and receive training and education to increase their skills and confidence to pursue the career of their choice or further education. Each apprentice is paired with a SLaM staff member in a relevant profession who acts as their mentor.

Full and part time options are available, providing opportunities for people without impacting on their benefits.

John Sapani manages the apprenticeships programme. John said: “The scheme is not only good for the apprentice – SLaM has the opportunity to improve its services through the valuable contribution of carers and people who have lived experience of mental health problems.”

You can get more information on the apprenticeships scheme by emailing john.sapani@slam.nhs.uk
Awards

Director of Nursing honoured in Nursing Times Leaders list

Director of Nursing at SLaM, Dr Neil Brimblecombe, has been honoured in the prestigious Nursing Times Leaders list. The award recognises Neil’s work on safe staffing and his contribution to mental health strategy.

The list acknowledges individuals who have demonstrated strength across five key areas of leadership: leadership, influence, impact, role model and legacy.

Trained as a mental health nurse, Dr Brimblecombe has degrees in nursing and medical anthropology, and received his PhD for researching outcomes in mental health crisis. He took up his role at SLaM in October 2013, after senior leadership roles at South Staffordshire and Shropshire Healthcare Foundation Trust and the Department of Health and a visiting professorship at Nottingham University.

Neil said: “While it is nice to be selected in this way, this recognition, I believe, also highlights that mental health nursing in SLaM remains a role model for the UK and internationally.

“Nurses in SLaM and across King’s Health Partners strive to leave a meaningful legacy through research and the development of new and better practice. I will continue to do whatever I can to support these aims.”

myhealthlocker recognised for IT excellence

SLaM’s myhealthlocker, which gives patients electronic access to their personal health records, has been shortlisted in the EHI Awards 2014 – the UK’s largest healthcare technology industry event.

The Excellence in Healthcare IT (EHI) awards celebrate the brightest and best examples of great practice, people and projects in the sector.

Following an extensive application process, myhealthlocker has been shortlisted in the ‘best use of technology to share information with patients and carers’ category. The project was noted for its significant progress from a concept to a leading example of providing patients with access to their information and the opportunity to manage their health online.

The programme lead for myhealthlocker, David Newton has been shortlisted in the ‘Rising star’ category. This award recognises the work of health informatics staff aged under 30 who are achieving excellent results and making an outstanding contribution to healthcare.

The EHI award winners will be announced on 9 October 2014. For more information on myhealthlocker email myhealthlocker@slam.nhs.uk or phone 83875.

SLaM staff shortlisted for RCPsych awards

The outstanding achievements of our staff and carers have been recognised by the Royal College of Psychiatrists in their annual awards shortlist.

SLaM Executive Medical Director, Dr Martin Baggaley said: “We are absolutely delighted that the innovation, dedication and outstanding practice of SLaM staff has once again been recognised by the Royal College of Psychiatrists.

“Having so many SLaM staff on the shortlist shows that, along with our partner – the Institute of Psychiatry, we are leaders in this field. I’m sure my colleagues will join me in congratulating everyone involved.”

The winners will be announced on 6 November 2014.

Seven SLaM colleagues have been shortlisted:

- Consultant Psychiatrist in our Neuropsychiatry Service, Dr Alex Langford for RCPsych Core Psychiatric Trainee of the Year
- Consultant Psychiatrist in the National Psychosis Service and a Reader in Psychiatry at the Institute of Psychiatry, Professor Sukhi Shergill for RCPsych Academic Researcher of the Year
- Consultant Psychiatrist in our Perinatal Service, Dr Sarah Bernard for RCPsych Psychiatrist of the Year
- Carers and members of SLaM’s Psychological Medicine Service User Advisory Group, Bridget Jones and Matthew McKenzie for RCPsych Carer Contributor of the Year
- Lead Consultant with the Psychosis Service, Dr Fiona Gaughran for RCPsych Psychiatric Trainer of the Year
- Consultant Psychiatrist with the Mental Health and Learning Disabilities team, Dr Sarah Bernard for RCPsych Psychiatrist of the Year
- Consultant Psychiatrist in our Perinatal Service, Professor Paola Dazzan for RCPsych Academic Researcher of the Year

The RCPsych awards, now in their sixth year, recognise and celebrate excellence in psychiatry and mental health services.

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LEAP brings together Lambeth Council, Lambeth Clinical Commissioning Group (CCG), King’s Health Partners, and the National Children’s Bureau together with local voluntary organisations, community groups, parents, babies and children, the Young Lambeth Co-operative, schools, nurseries and the local police. SLaM’s child and adolescent mental health service (CAMHS) contributed to the successful proposal, as a member of King’s Health Partners. SLaM Consultant Child and Adolescent Psychiatrist, Dr Iris Rathwell said: “This funding will allow LEAP to focus on improving understanding amongst parents and professionals of early social and emotional development, promoting healthy and secure attachments and developing emotional and social resilience from early on. In addition to providing evidence based treatments, SLaM will train and support Lambeth’s health, early years and social care professionals – together with LEAP parent champions – to use the family partnership model. This is an evidence based intervention developed by SLaM’s national and specialist services for children to empower parents to give their children the best possible start in life.”

The National Children’s Bureau has been awarded a £36 million grant from the Big Lottery Fund’s A Better Start initiative to lead on an innovative programme, alongside the Lambeth Early Action Partnership (LEAP). The programme aims to initiate a step-change in services to improve the lives of children, not only in Lambeth, but across England.

Museum of the Mind: record your support

The development of a new ‘Museum of the Mind’ at Bethlem Royal Hospital is well underway. The project will provide new gallery and learning spaces, secure the museum’s unique collections for future generations and enable more works of art and objects to come out of the stores. It will also provide a new home for the Bethlem Gallery. A unique opportunity to be permanently associated with the Museum of the Mind is now available. Individuals, families, businesses or charities can mark their support by making a donation of £1,000 to have their name recorded on the glass doors or £250 for it to be featured on an adjacent side panel. It is a great way to mark a special occasion or remember a loved one. Visit the Archives and Museum page on the SLaM website and follow the links to find out more: www.slam.nhs.uk/museum

Bedlam shortlisted for prestigious documentary award

The four-part documentary series, Bedlam, featuring SLaM patients and staff, has been shortlisted for a Grierson Film award for best documentary series. Bedlam was the result of a two year project between SLaM and C4 and the four 60-minute programmes were broadcast in October and November 2013. The pioneering series, produced by The Garden, recently scooped a BAFTA television award for best documentary series. The Grierson awards commemorate the pioneering Scottish documentary maker John Grierson (1898 - 1972), famous for Drifters and Night Mail and the man widely regarded as the father of the documentary. Each year, The Grierson Trust recognises the best documentary filmmaking from Britain and abroad through the British Documentary Awards. Find out more about Bedlam at www.slam.nhs.uk/media/bedlam-on-c4

Multi million pound grant to give Lambeth children a better start

The National Children’s Bureau has been awarded a £36 million grant from the Big Lottery Fund’s A Better Start initiative to lead on an innovative programme, alongside the Lambeth Early Action Partnership (LEAP). The programme aims to initiate a step-change in services to improve the lives of children, not only in Lambeth, but across England.
SLaM has teamed up with NHS England (London), the Mayor’s Office of Policing and Crime (MOPAC) and the Metropolitan Police Service to launch a street triage pilot scheme which enables police officers to have access to 24 hour telephone support from mental health professionals.

The aim is to improve the overall experience of people in mental health crisis and reduce unnecessary police involvement. It is hoped it will also improve the use of section 136; a police power under the Mental Health Act to take a person to a place of safety.

An event to mark the launch of the scheme was held at the Maudsley Learning Centre (ORTUS) at Maudsley Hospital on 8 July with a wide range of speakers, including Commander Christine Jones from the Metropolitan Police, SLaM’s Chief Executive Matthew Patrick and service user Scott Hillier.

The street triage scheme was developed in response to a number of concerns around policing and mental health that culminated in Lord Victor Adebowale’s independent Commission on Mental Health and Policing, which highlighted the negative experiences of many mentally ill people in the justice system.

The service is being delivered by SLaM and piloted in Lambeth, Lewisham, Croydon and Southwark.

This will be the first time that police in our boroughs have had direct and rapid access to mental health professionals who are able to respond immediately and offer advice.

The phone line means patients will not be removed from the street unnecessarily (under a section 136) and nurses can advise police on other options such as direct referral to our community mental health teams – where patients are already known to SLaM services – or attending A&E where it appears the person’s presentation requires physical health assessment.

Jacqueline Best-Vassell is a qualified mental health nurse and a paid involvement worker at SLaM. Through her role she has first-hand experience of what service users go through and believes the street triage scheme will be of huge benefit to both patients at SLaM and the Met Police.

Jacqueline said: “In my eyes prevention is better than cure and having this scheme in place will allow the right people to work with patients early on and prevent a situation escalating or an illness getting worse.

“I have seen situations where vulnerable patients are really scared because they have come into contact with police and don’t necessarily know why. And I have seen that the police can be scared too because they are dealing with mental illness. Now everyone can benefit. Both the police and the patient will now have more awareness of what is going on. The communication will be much smoother.

“Sometimes when a patient is going through a crisis they feel alone and that nobody understands them. I think this scheme will enable a patient to see that we care and we are trying to make their experience as positive as possible. Sometimes a patient may be crying for help and they need some sort of outlet.

“Our patients are our priority, first and foremost.”

SLaM service user, Scott Hillier

“A new service has been launched to help thousands of people with mental health problems who come into contact with the capital’s front line police officers every year."

Round the clock emergency mental health support

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“SLaM service user, Scott Hillier

This new scheme is a fantastic idea. I have bipolar disorder and when I am in crisis I have had episodes that have involved contact with the police.

“The police have done what they can but obviously they are not mental health professionals so sometimes I would have to wait in a cell until the appropriate care professional was contacted.

“This is a great way of reaching out to people on the street, at times of crisis and when they are most in need. It is something that I think a lot of people with mental health problems will really benefit from.”

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The Institute of Psychiatry (IoP) will become the Institute of Psychiatry, Psychology and Neuroscience (IoPPN) on 1 September 2014 – increasing its scope and size and consolidating all of King’s College London’s neurosciences into one school. The IoPPN will have a wider remit and include the Wolfson Centre for Age-Related Diseases and MRC Centre for Developmental Neurobiology – currently part of the School of Biomedical Sciences. These exciting changes will increase opportunities for collaboration and innovation, foster new disciplines and programmes and enhance the organisation’s global position as a centre for research excellence and education in the field of mental health and brain sciences.

Visit www.kcl.ac.uk/iop for more information, including an IoPPN structure chart, or email ioppn@kcl.ac.uk

**From IoP to IoPPN**

Director appointed for NIHR Maudsley BRC

Professor Matthew Hotopf has been appointed Director of the National Institute for Health Research (NIHR) Biomedical Research Centre (BRC) at SLaM and the Institute of Psychiatry (IoP), King’s College London.

Professor Hotopf has been with the BRC since its inception in 2007 and has acted as Interim Director since January 2014.

On his appointment, Professor Hotopf said: “It is a great honour to be appointed to direct the BRC. "The BRC represents the close working relationship between SLaM and the IoP, a relationship which is key to so much of what we do. People with mental health problems are disadvantaged in many respects – and the BRC is committed to seeking the best possible treatments. "We will do this by developing and testing new psychological and pharmacological treatments, by gaining a better understanding of which treatments work best for which patients, and by using our growing expertise in informatics to identify who is at risk of bad outcomes and intervening to improve these outcomes.”

**Teenagers demonstrate the art of recovery**

An exhibition at the Long Gallery at the Maudsley Hospital highlights how art can help teenagers in their journey towards recovery from mental illness.

The Art of Recovery exhibition includes a powerful selection of art psychotherapy material, as well as inspiring examples from poetry and photography projects undertaken by young people on Snowsfields Adolescent Unit.

The Snowfields service at the Maudsley Hospital provides inpatient and day care for young people experiencing severe mental health crises.

Also on display are patient workshop materials, sponsored by the Dulwich Picture Gallery, and examples from CUESed – an exciting new project aimed at improving the emotional resilience and wellbeing of schoolchildren.

The Long Gallery was established in 2013, following a grant from the Maudsley Charity. The gallery space uses a reclaimed staff corridor that was previously locked and unused. The space is now open to everyone.

The Art of Recovery exhibition runs until 26 September 2014. The gallery is open from 9am to 7pm, Monday to Sunday.

Find out more at www.slam.nhs.uk/theartofrecovery

**Play gives voice to unheard stories**

SLaM, in collaboration with the Playing On theatre company, created a critically-acclaimed theatre experience in June which drew together the stories of those receiving and providing mental health care.

Hearing Things helped to bring the unheard voices of patients and mental health workers to theatre audiences across south London. The shows were a collaboration between NHS clinicians and hospital patients and the co-founders and directors of the theatre company.

For six weeks, a series of workshops helped to create the play. It was performed with the support of the Maudsley Charity at Aubrey Lewis ward 3, the Maudsley Learning Centre (ORTUS) and The Albany Theatre in London for the Anxiety 2014 Festival.

SLaM Consultant Psychiatrist, Dr Dele Olajide said: “Psychotic patients seem able to focus on ‘normal emotions’ and are capable of existential preoccupations when they are not being interrogated by professionals about their psychotic symptoms. “Art and culture are perfect vehicles for achieving states of normality even while patients may be psychotically ill and hearing things.”
Festival celebrates happy heads

More than 100 teenagers descended on the Maudsley Learning Centre (ORTUS) in July to take part in a unique festival dedicated to improving their mental health and wellbeing.

SLaM teamed up with Maudsley Learning to create the Happy Heads Festival which included a variety of workshops, advice from mental health professionals, demonstrations and live music.

Teenagers got the chance to discover how to DJ, take part in a creative writing workshop and find out more about photography while learning how to look after their mental health and improve their general happiness.

Some of the most popular activities included a photography skills workshop run by Photo Voice and a spoken word workshop run by the talented poet, iamGreeds.

Festival Coordinator, Olivia Howarth said: “The event was a fantastic success. We were thrilled to have such a great turn out and see so many young people engaged in activities. Improving the mental health and wellbeing of youngsters in a fun environment is incredibly rewarding.

“We want our young population to benefit from the mental health expertise available across SLaM and our partners and we will continue to promote this invaluable work.”

SLaM has been working with Young Minds, the UK’s leading charity committed to improving the emotional wellbeing and mental health of children and young people.

Young Minds is currently promoting a campaign which helps identify key areas of concern for teenagers including bullying, stress and unemployment. These issues, which are extremely common but can be difficult to discuss, were explored through innovative workshops and creative activities led by young representatives from the charity.

More Information
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Twitter: @happyheadsfest #happyheads
Instagram: @happyheadsfestival

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People with mental health problems are more likely to smoke, and to smoke more heavily, than the general population and this is one of the reasons that they tend to have poorer physical health and a lower life expectancy.

At SLaM we want to help reduce this inequality by creating a completely smokefree environment across all of our sites. This is in line with National Institute for Health and Care Excellence (NICE) guidance which recommends that all hospital sites, including mental health hospitals, should be 100 per cent smokefree.

SLaM Executive Medical Director, Dr Martin Baggaley said: “We have a responsibility to care for both the mental and physical health of our patients.

“There is a long standing culture of smoking for both staff and service users in mental health that needs to change. Facilitating a patient to smoke, through smoking breaks on wards, buying cigarettes for patients or escorting patients to a smoking area, contributes to the physical health problems of our service users.

“Currently, over half of the people who use our services smoke and our inpatient services spend around four hours a day facilitating smoking, taking valuable time away from treatment and care.

“Going smokefree will involve a challenging shift in culture for the Trust but the evidence from other mental health hospitals who have already made the change – both in the UK and across the world – is that it is achievable.”

A wide range of support is available for patients – whether they wish to give up smoking permanently or manage their addiction while they stay with us. This includes behavioural support and Nicotine Replacement Therapy (NRT).

Clinical staff across SLaM are being trained in tobacco dependence management and smoking cessation interventions.

Heather Close, a SLaM service in Lewisham, went smokefree earlier this year. The service provides 24-hour rehabilitation and nursing care for adults with long-term mental illness and challenging behaviour.

Staff from across the service worked together with patients, who stay in shared accommodation and self-contained flats, to prepare for the change.

Improvement facilitator, Sylvia Blankson said: “The staff and residents at Heather Close embarked on a smokefree journey with determination and persistence and the service is now smokefree.

Staff took part in smoking cessation training so that they can provide group and one to one support to residents. A specialist smoking advisor visits each week to meet with residents and advise on nicotine replacement therapies and offer support.

“In the run up to going smokefree, residents chose a ‘garden time’ that they would like to become smokefree each week until the garden became a smokefree environment. The smokefree times were replaced with activities organised by the staff team.

“The team organise an outdoor group for residents to visit a local park, exercise and socialise with other residents and staff twice a day.

“The message to residents throughout going smokefree is that staff are here to support them.”

For more information on SLaM going smokefree visit www.slam.nhs.uk/smokefree or email smokefreeready@slam.nhs.uk

To create a healthier environment for everyone, staff, patients, carers and visitors won’t be able to smoke anywhere on SLaM sites – including wards, grounds and vehicles – from 1 October 2014.

Smokefree support for staff
It’s not just patients that can get help to quit smoking. Staff can use the following services:

Local stop smoking services
- Croydon: Freephone 0800 019 8570
- Lambeth: Freephone 0800 856 3409
- Lewisham: Freephone 0800 082 8388
- Southwark: Freephone 0800 169 6002
- SLaM smoking cessation: 020 3228 3848

Support is also available through the national smokefree service online at www.nhs.uk/smokefree or by phoning 0300 123 1044 (free) to speak to an expert adviser.

“We have a responsibility to care for both the mental and physical health of our patients.”

Executive Medical Director, Dr Martin Baggaley
Who let the dogs in?

SlA M’s Communications and Media Manager, Sarah Hall investigates the use of sniffer dogs in psychiatric settings.

At first glance Raffy looks like a typical young lapdog – cute, friendly and lively; but there is more to him than meets the eye. This clever three-year-old black lab is a regular at River House, the medium secure unit at Bethlem Royal Hospital, where he helps to sniff out illegal drugs, tobacco and other contraband.

Along with trainer and handler Phil Munt, Raffy and his canine colleagues have already helped to bust hidden incidents of drug and tobacco misuse since the role was created in 2012. While a dog’s brain is only one-tenth the size of a human brain, the part that controls smell is 40 times larger than in humans; therefore a dog’s sense of smell is about 1,000 to 10,000 times better than ours (depending on the breed).

Along with exemplary training and the promise of substantial rewards after taking drugs, tobacco and other contraband, SLaM’s Communications and Media Manager, Sarah Hall investigates the use of sniffer dogs in psychiatric settings.

“Previously there were problems with illegal drugs but due to an effective smoking ban there are now more patients trying to smoke than there are taking drugs. We need dogs like Raffy to help us with this situation.”

I was lucky enough to follow Raffy and Phil, along with security nurse Brian Lumsden, into a ward at River House for a search on tobacco, drugs and accelerants such as lighters. Most substances have been brought into the unit by patients returning from leave.

Before the ward round, Phil explained how important it was to offer a substantial reward for the dogs taking part in searches. Sweets are not the healthiest option for a working dog so Raffy has a tennis ball which he is given to chase each time he succeeds in a search. Phil just shows Raffy the ball and you can see he is immediately eager to please and raring to go.

We go to Waddon Ward, a 15-bed inpatient unit in River House. The reaction to Raffy is palpable. Even the most hardened patients turn momentarily soft when they see dogs apparently. It is obvious from the outset that there is a good rapport between the security staff and the patients, the process is carried out in an informal and friendly manner which really seems to work.

We go straight to a corridor with eight bedrooms, most patients in this male-only ward are either at the gym or the common room so the rooms are empty and the searches are fast and efficient. Raffy and Phil are always accompanied by at least one member of staff from the ward.

Within seconds of entering the first bedroom, Raffy is onto something. He heads straight to a stereo, has a few sniffs, pauses and gives Phil a ‘look’, an indication that apparently confirms there is something in the CD holder. For Raffy his work is done in this room and he grabs his ball and a reassuring pat from Phil and moves onto the next room.

For Phil there is a bit more to the operation. He thinks there is tobacco in there because there is ‘different indication’ for tobacco as there is for other substances and he fills out a form stating the time and the possible nature of his findings. He can’t deconstruct the stereo without the presence of a patient because he could be accused of ‘planting’ substances, so staff need to do it when the patient returns.

Phil said: “Raffy is the nose and I am the eyes in this operation, that’s how I see it. While he is sniffing for substances I am keeping my eyes peeled. There are obvious hiding places for tobacco and drugs such as underneath toilets, strapped to the side of furniture and in electrical appliances but there are many hidden areas that we can’t see but the dog can smell.”

Dog trainer and handler Phil Munt

In the last room our attention is drawn to a pile of paper and plastic bags on the floor, there is obviously a scent but, again, nothing is found.

An important facet of using drug detection dogs is that they are able to indicate where a substance is but they are also useful for pointing out where a substance may have been and some scents remain for days.

Several plastic bags are discovered in one patient’s room and Phil asks a member of staff if they can be removed as they can pose a safety risk to patients.

Phil said: “If we find tobacco we deal with it ourselves but if we find drugs this is obviously a police matter. Patients will go to great lengths to smuggle things in here. It is important for patients’ safety, wellbeing and recovery that we track these substances down and remove them.”

“The body language is different with each dog but typically involves sitting or standing still and pointing with their nose towards the location of the scent.”

After all the rooms are checked, Raffy is instructed to search the communal area. Incredibly he indicates he can smell something in a large aluminium waste bin. Phil leans in and pulls out a lighter and the dog is rewarded once again with his tennis ball.

There is a small altercation with one of the patients who questions our rights to search rooms, but Phil and Brian explain the purpose of the checks and everything remains relatively calm.

Brian Lumsden

SLA M Security Nurse, Brian Lumsden said: “There is proof that incidents involving drugs and tobacco have been reduced in psychiatric settings with the use of dogs.

“Phil and Raffy – along with his other dogs – have become part of the team here, we wouldn’t have been able to locate some of these illegal substances without them.”

How are searches conducted?

• Searches are planned by the team and wards are informed about 20 minutes before a search
• The ward is searched with a dog handler, dog, security nurse and ward staff member
• An informal approach is preferred to a ’drugged up’ approach
• The aim is to find substances and prevent patients from disposing of them during the search
• Auditing of the searches have shown a steady decrease in the number of finds.

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Smile for Health

We have received a record number of bids for the Council of Governors’ Smile for Health scheme.

The Smile for Health scheme awards up to £750 to members who have a good idea that will support patient experience, social inclusion or mental wellbeing. Past projects include ‘Reminiscence Radios’ to help dementia patients access memories, a group for the siblings of children with autism and a range of activities related to music, exercise, gardening, and arts and crafts.

This year, we received 193 Smile for Health bids – more than ever before. Thank you to everyone who expressed an interest. We are currently assessing the bids and will be in touch with all applicants this autumn to confirm which applications we can fund.

Improve your wellbeing with a website

A pioneering project which aims to help improve moods, reduce the risk of depression and strengthen relationships has been launched.

The www.wheelofwellbeing.org (WoW) website provides users with a range of material – from self-help to formulating your own mental health strategy.

Originally designed in 2008 as part of the Big Lottery Well London programme, the WoW concept was further developed by SLaM with support from the Maudsley Charity.

The website is split into three main sections:

1. WoW yourself: a do-it-yourself section, full of practical activities and tips to improve wellbeing. Content is crowd-sourced through visitors’ contributions.
2. WoW your community: a section for the public, private or voluntary sector, with inspirational ideas for using WoW in your organisation or local community.
3. WoW strategy: a resource for people involved in policy development, public health or local government.

SLaM Director of Organisation and Community, Zoë Reed said: “The WoW website is a great resource for our service users, carers and staff. It is a fantastic example of how people can take a proactive approach in helping themselves and others in a meaningful way.

“Improving the mental health of the community is critical to our vision of becoming a caring and compassionate organisation. As a founding member of the Well London programme, the SLAM directorate has always championed the importance of promoting wellbeing in our communities.”

Becoming a SLaM governor

The new round of elections for SLaM governors has begun, with vacancies in the service user, staff and public constituencies. Governors are members who have been elected to sit on a Council of Governors. The Council helps the SLaM board determine their priorities so governors have a real opportunity to influence the future of SLaM and make a positive difference.

If you would like to stand for election as a governor please email membership@slam.nhs.uk or phone 020 3228 2441. The deadline for applications is 3 October 2014.

New membership cards

All SLaM members have been sent a new membership card with this edition of SLaM News.

Your free membership card will give you access to our members’ discount scheme with offers on over 200 brands, holidays, travel and insurance and financial products in London and surrounding areas.

Visit www.healthcarestaffbenefits.org or look at the details on the back of your card.
This is a new role for the Trust – why was it introduced and why is it necessary?

“My role is a joint funded post between SLaM and the four boroughs we work across. There was a need for a much larger representation in SLaM for social workers, and for social care to move higher up the agenda. My job is to provide strong leadership to facilitate this.”

Why is integrating health and social care so important?

“Integration delivers the best possible outcomes for service users – our health and social care services need to work together to provide the best personalised care, treatment and support to promote recovery and maximise independence. Joined up health and social care services offer the most efficient and effective way to provide care and support in the community.”

What are your top priorities for the first six months of your new role?

“Firstly, professional leadership – engaging with social workers across SLaM and the four boroughs to represent the profession and raise the profile of social work. I have been visiting social workers in teams across the Trust and have shadowed approved mental health professionals to fully understand the real issues for social workers.

“Secondly, strategic leadership on social care and personalisation – I am working with the four borough directors of adult social care, our Chief Executive and senior leaders within SLaM to make sure we are delivering the best social care outcomes for service users and carers.

“And thirdly, I will provide leadership on safeguarding adults and children to ensure we have the right systems in place to support all our staff in safeguarding and to work effectively with multi-agencies across the boroughs.”

Clinical trials across King’s Health Partners have increased by 12.5 per cent to 769 in 2013/14, according to a league table published by the National Institute for Health Research (NIHR) Clinical Research Network.

The NIHR league table charts the number of recruiting studies and the number of patients recruited to studies in all NHS trusts in England. The number of patients involved in trials has also risen by 8 per cent to a total of 23,328 across the three NHS Trusts which form part of King’s Health Partners – SLaM, Guy’s and St Thomas’ and King’s College Hospital.

SLaM held its position as the leading mental health trust for clinical trials, with 76 trials. For the third year running Guy’s and St Thomas’ is one of the top three trusts for NHS research ranking third for quantity of research with 422 studies, and sixth for the number of patients involved in a study with 13,700 patients recruited. King’s College Hospital increased the number of patients recruited into trials by 46 per cent, recruiting 8,016 patients into trials this year.

New appointments to King’s Health Partners Board

King’s Health Partners has made two exciting additions to its Board – former Health Secretary, Rt Hon Stephen Dorrell MP and Director of Translational Medicine, Professor Garret FitzGerald.

Stephen Dorrell MP was until recently Chair of the Parliamentary Health Select Committee and a previous Secretary of State for Health. Professor Garret FitzGerald is Director of Translational Medicine at Pennsylvania State University and a world-renowned figure in his field.

Both join the King’s Health Partners Board as External Non-Executive Directors as the organisation begins to implement a new five year plan.

King’s Health Partners Executive Director, Professor Sir Robert Lechler said: “Stephen Dorrell and Garret FitzGerald have vast experience in the worlds of healthcare and research and I am looking forward to the fresh vision, direction and challenge they will bring to our mission to achieve excellence in research, education and patient care.

“We are aiming to make a real impact on our local population’s health and to be a world leader in turning innovative research into common practice. These board appointments will help us achieve these goals.”
There are currently no effective long-lasting drug treatments for Alzheimer’s, and it is believed that many new clinical trials fail because drugs are given too late in the disease process. A blood test could be used to identify patients in the early stages of memory loss for clinical trials to find drugs to halt the progression of the disease.

The researchers used data from three international studies. Blood samples from a total of 1,148 individuals were analysed for 26 proteins previously shown to be associated with Alzheimer’s disease. A sub-group of 476 individuals across all three groups also had an MRI brain scan.

Researchers identified 16 of these 26 proteins to be strongly associated with brain shrinkage in either Mild Cognitive Impairment (MCI) or Alzheimer’s. They then ran a second series of tests to establish which of these proteins could predict the progression from MCI to Alzheimer’s. They identified a combination of 10 proteins capable of predicting whether individuals with MCI would develop Alzheimer’s disease within a year, with an accuracy of 87 per cent.

The study, published in July in Alzheimer’s & Dementia: The Journal of the Alzheimer’s Association, is funded by the NIHR Mental Health Biomedical Research Centre, SLaM’s Dementia Unit, Alzheimer’s Research UK and the UK Medical Research Council. The research is being led by King’s College London and Proteome Sciences.
Do you know your five commitments?

We constantly monitor and measure the quality of care we provide at SLaM and we are always looking for ways that we can do things better.

We’re also assessed by other organisations on a regular basis. Most important of all, we received feedback from the people who use our services.

Our aim is to build trusting and longstanding relationships based on five commitments:

1. to be caring, kind and polite
2. to be prompt and value your time
3. to take time and listen to you
4. to be honest and direct with you
5. to do what I say I’m going to do