

Poverty, pathology and pills



15th-16th January 2019, London

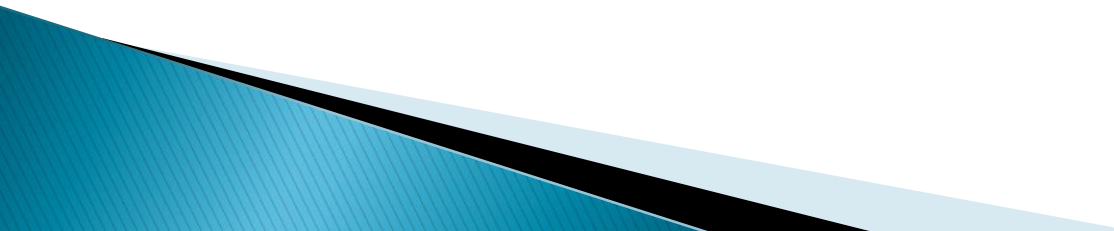


Islington Practice-Based Mental Health Team

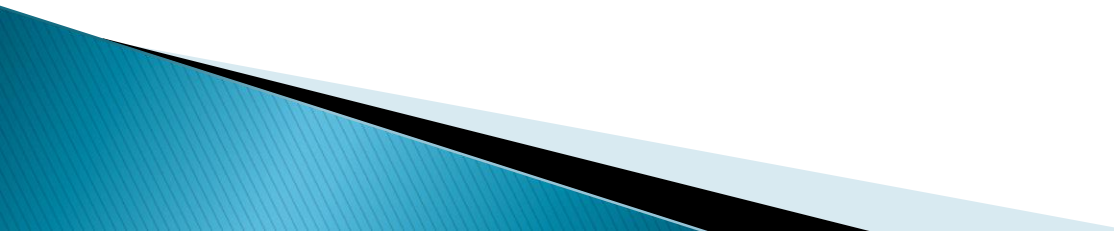
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Consultant Psychiatrist, Specialist in Medical Psychotherapy

Clinical Lead for Islington PBMH

- ▶ 4 Multi-Disciplinary Teams covering the whole of Islington: 32 GP practices
 - ▶ Each team: 1 Consultant Psychiatrist, 1 Psychologist, 1 Mental Health Nurse, some Social Worker input (plus Team Managers, Administrators)
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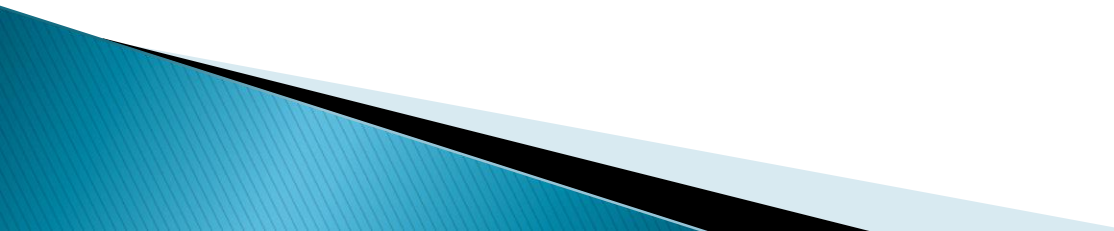


- ▶ Referrals received from: GPs/GP teams, iCOPE, Police, Social Services, Probation, Housing, GP-at-Hand
 - ▶ All in all 5000– 6000 a year
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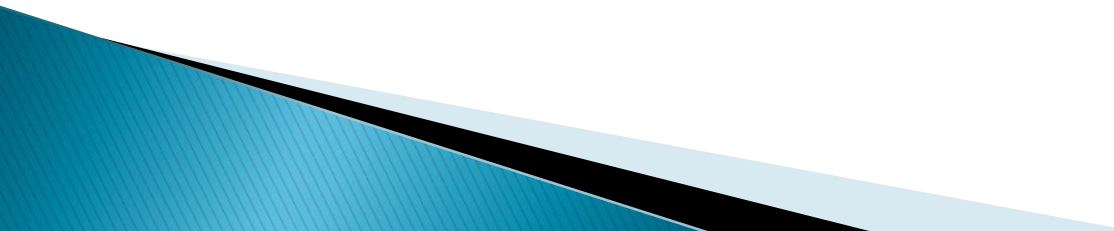
Our Purpose

- ▶ To increase capacity and capability in Primary Care
- ▶ How?
 - ▶ – By offering assessment/consultation: to patients/families, **jointly with GPs**
 - ▶ – Working with other primary care systems (eg IAPT)
 - ▶ – By giving advice
 - ▶ – Through education, clinical discussion forums, workshops
 - ▶ – By linking up community systems

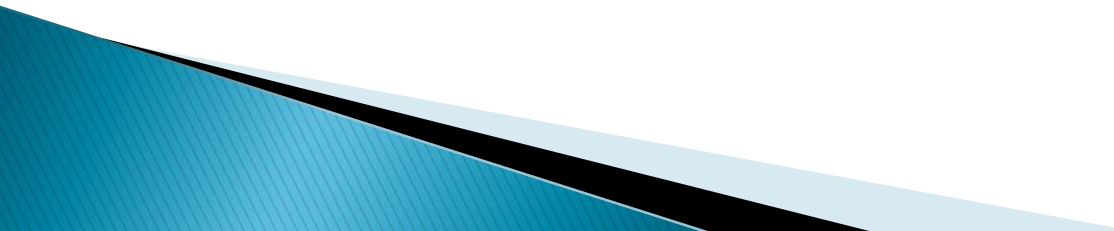
Principles

- ▶ Curiosity (asking ourselves ‘what’s going on’?)
 - ▶ Meaning-making (eg developing a provisional formulation)
 - ▶ Holistic (bio- psycho- social)
 - ▶ Containment (by building sustainable relationships with systems of care)
 - ▶ Bearing with....(sometimes commiserating together)
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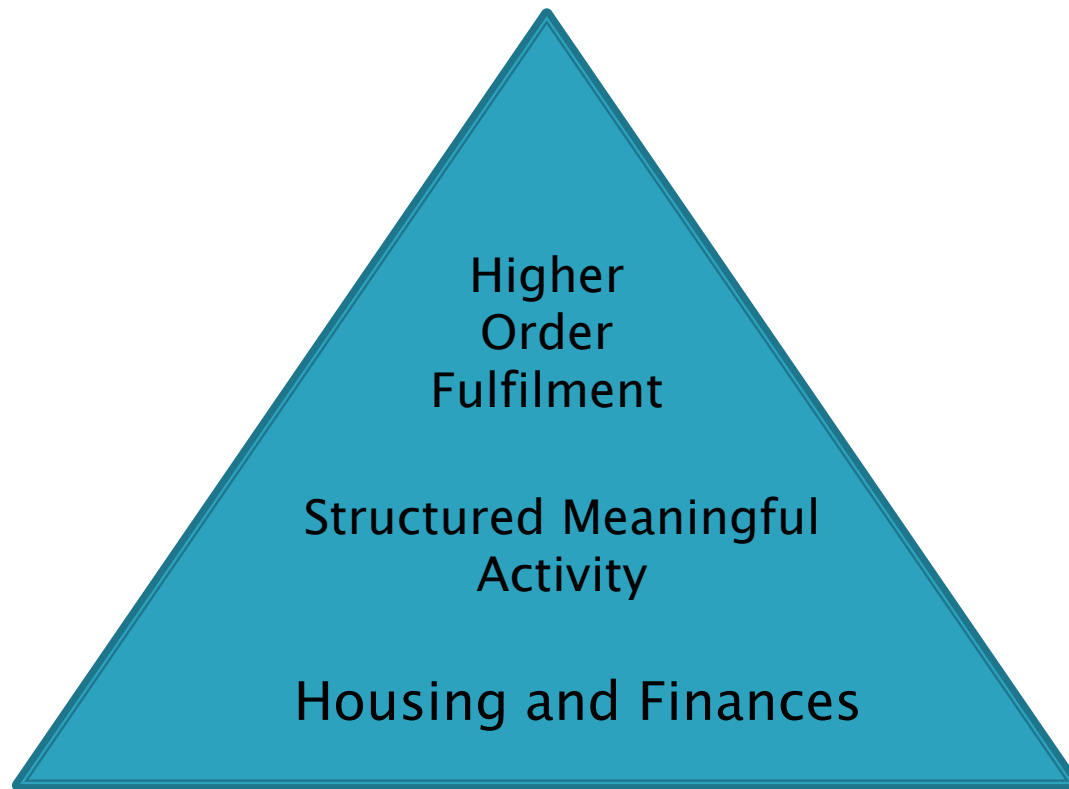
The developmental story

- ▶ How does the sense of self, and self-in-relation to others, develop?
 - ▶ What's the story (of the individual, of the family, of their community)?
 - ▶ Eg. North Islington Irish immigrant families
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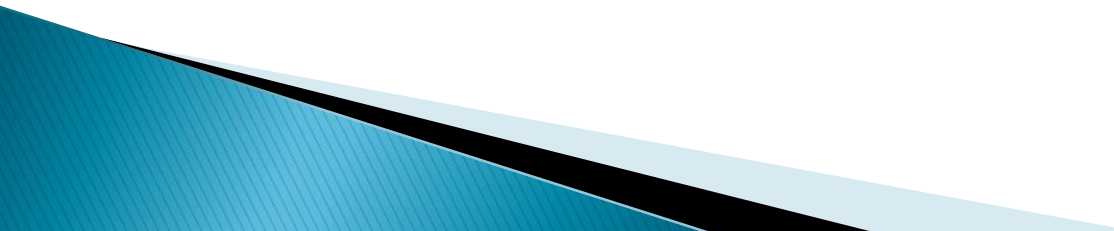
The many facets of poverty

- Material (financial, housing etc)
 - Relational
 - Containment
 - Purpose
 - Belonging
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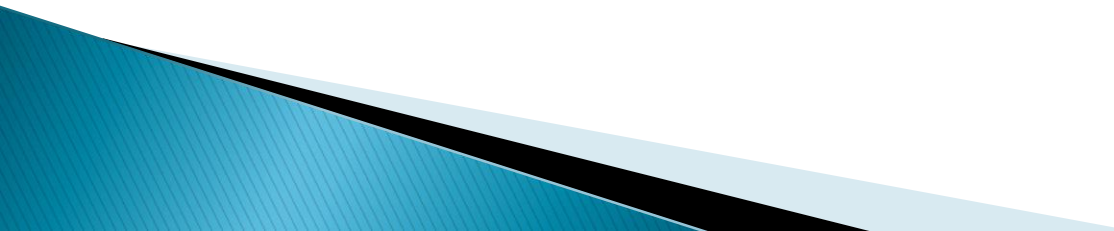
Hierarchy of needs



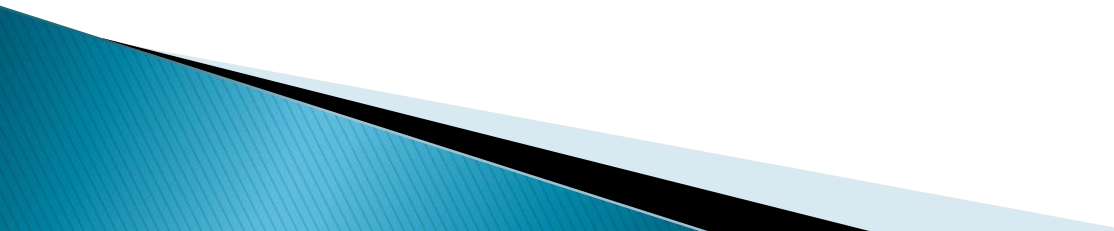
Responding to poverty together: GPs and mental health clinicians

- ▶ Omnipotence vs Hopelessness (professional identity)
 - ▶ Pieces of the puzzle: which ones can we realistically influence?
 - ▶ Working as advocates
 - ▶ What about the community?
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What about GPs basic needs?

- ▶ To think
 - ▶ To be heard and listened to
 - ▶ For containment
 - ▶ For boundaries around the work
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Conclusion

- ▶ The story and meaning: poverty in context
 - ▶ Complexity
 - ▶ Bearing together, taking it in
 - ▶ Hope is more possible
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Questions / discussion

