Open Mental Health

Rethink Mental Illness

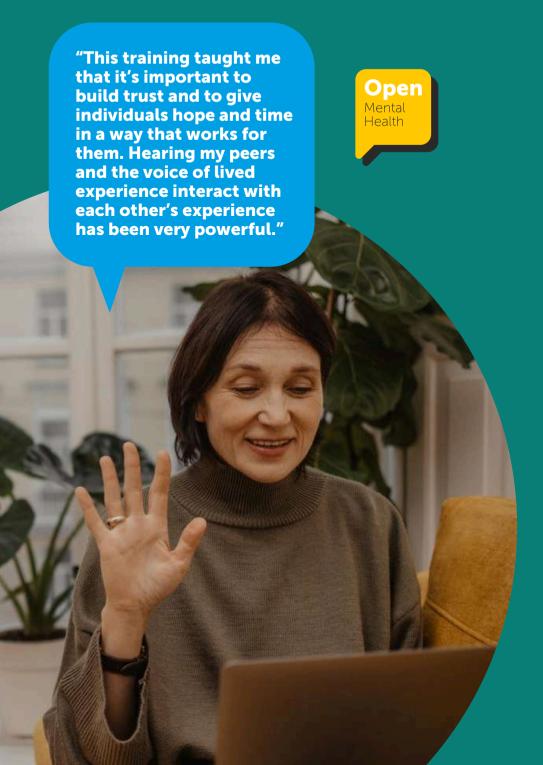# Serious Mental Illness Engagement Training

Improving engagement with people who have serious mental illness (SMI)

People living with serious mental illness (SMI) face a greater risk of developing preventable physical illness that significantly decreases the quality and length of their life. We know and understand that individuals who have SMI frequently find it difficult to engage with clinical staff and services. This may hinder their ability to receive their annual physical health checks, which are important to improve their quality of life.

The SMI Engagement Training has been created from the voice of lived experience. It is part of an innovative program to address this inequality, to enable people to feel supported, heard in their everyday lives and therefore more likely to engage with services.

The training has been Co-Produced and is Co-Delivered by a diverse lived experience team consisting of individuals from all across Open Mental Health and the NHS in Somerset.

Open Mental Health

Online & interactive

This training covers how to engage with and support patients who have SMI with the following learning objectives:

- Looking at the importance of building trust, giving hope and time in a trauma-informed manner.
- Discussing how stereotypes and biases, both conscious and unconscious, can affect engagement for people who have SMI
- Exploring barriers, finding solutions and utilizing communication methods to help engage individuals with SMI and support both yourself and the individual in the process.

These sessions will be interactive with time for questions and discussions and room for personal reflections, all in a psychologically safe and nurturing environment

The training sessions will run over two hours with a break and are run monthly, open to staff and volunteers in Somerset-based primary care networks and available to individuals working in Open Mental Health or Somerset NHS Foundation Trust.

If you would like more details or to book a space on the training, please contact:

peerconnections@rethink.org

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