

Mental Health Matters Workshop: *History and Evolution*

- The Mental Health Matters (MHM) workshop was born out of the Family Intervention Project in Camden & Islington 15 years ago.
- Developed by a group of mental health practitioners who worked with people experiencing mental health problems.
- A move from individual family work to Multi Family Groups (MFG)
- The MFG model evolved in tune with the needs of the participants.
- Influenced by the hearing voices movement with regard to considering people as experts by experience.
- Most recently influenced by narrative ideas and practice.

Mental Health Matters Workshop: *Principles and Values*

- Creation of regular space.
- Experience Consultants: people who use services; people who care for people who use services; people who work for people who use services.
- Person is not the problem; the problem is the problem.
- Experts of our own lives: honouring the skills and knowledge people have about preferred ways of living.
- Movement away from the dominant problem saturated story to the preferred alternative story.
- Attention paid towards the cultural and social context of people's lives and power relations.

Mental Health Matters Workshop: *Contents*

- Themed days:
 - Stigma
 - Friendship
 - Employment
- Involvement:
 - People volunteer to be interviewed
 - To be an outside witness
 - Share stories
 - To recapture speech
- Inclusion:
 - Community groups attend
 - Café group
 - Local art group
- Outreach:
 - Inpatient staff
 - Black service users
 - To conference.
- Future:
 - Is small beautiful?
 - How to spread the word



St. Pancras Hospital: The home of Mental Health Matters workshop

Mental Health Matters Workshop:

