

# Report to the Meeting of the

# Oxford Health NHS Foundation Trust

# Board of Directors

**BOD 67/2022**

(Agenda item: 2)

**30th November 2022**

**Experience Story**

**For: Information**

**Summary of the story**

Julie, a staff member from the Trust’s Experience & Involvement Team, has developed a video highlighting her experiences of mental health crises in Germany and Oxfordshire. This is a personal reflection that has recently been shared at a conference organised by OHFT and the Oxford Centre for Suicide Research.

***About the service***

This reflection is of Julie’s experiences across time and her experiences of both UK and German mental healthcare services. Julie is one of the Experts by Experience who is currently working with Karen Lascelles to change and improve assessments around self-harm. Julie’s film was recently presented at the Psychosocial Assessment Following Self-harm as part of a focus on risk assessment around suicide.

**About the service user**

Julie is an Experience and Involvement Facilitator within the Patient Experience and Involvement Team. This is a new role for someone with lived experience that was introduced in April 2022. Prior to taking up this post Julie had worked for two years as an Expert by Experience on a variety of projects and interview panels. Previously Julie worked for Oxford Health as an Allied Health Professional for eight years.

**Service delivery**

Following the film being presented at the conference, several services outside of the Trust have expressed interest in using it for staff training and it has now been made available on the Trust YouTube account. Julie is working with Karen Lascelles to try to ensure staff have the appropriate skills, knowledge and awareness of the expert by experience’s perspective , to better support people who are experiencing a mental health crisis.

**Service challenges**

The main challenges will be in the development of staff knowledge and skills across the trust, in particular challenging their unconscious internal assumptions.