

# Psychosis Health Integration Team

## Our vision

Many people with psychosis are likely to experience social exclusion, unemployment and a shorter than average life expectancy due to physical health problems. They are also likely to relapse within the first three years. However, for some, the challenge of psychological breakdown results in a *breakthrough*, characterised by personal growth and higher levels of psycho-social functioning.

The Health Integration Team's fusion of expertise and perspectives on this complex and sensitive topic creates fertile ground to fuse cutting edge science with compassionate and effective approaches to care. Together, we hope that more people can experience breakthrough after breakdown. Asking questions and inviting diversity in understanding is at the heart of our work, as are the voices of service users and their supporters. Guided by the people who count, we aim to honour the variety of experiences associated with psychosis while creating measurable improvements to services.



Picture above: Still from 'In the real' - local documentary about psychosis, Directed by Conor McCormack

## HIT highlights

### Psychosis on Screen

A season of three contemporary films depicting various experiences of psychosis. Paired with talks and Q&A panels, we reached over 300 people.

#### Comments from audience member:

"[I learned] that the experience of hearing voices can be enriching and can be a big part of individuals' identity and reflect their spiritual and world view. I have been very focused on helping people in their recovery from a medical perspective and less so in listening to and respecting their viewpoint."

### Rewriting Psychosis

Alongside an enlightening talk by our Peer Directors, we screened *CrazyWise*, a documentary about different cultures' definitions and responses to psychosis.

#### Comments from audience member:

"I found the large numbers attending very heart warming and the intro with 2 very honest and courageous professionals was really a tremendous start."

## Collaboration request

Despite the enthusiasm for our public engagement events, we have struggled to get the same take-up for our service user forums.

We'd love your help in addressing this:

What has your HIT done to get good attendance from service users?

Can we collaborate on joint events?

Do you have any tips on working with existing mental health service user groups?



## Co-directors:

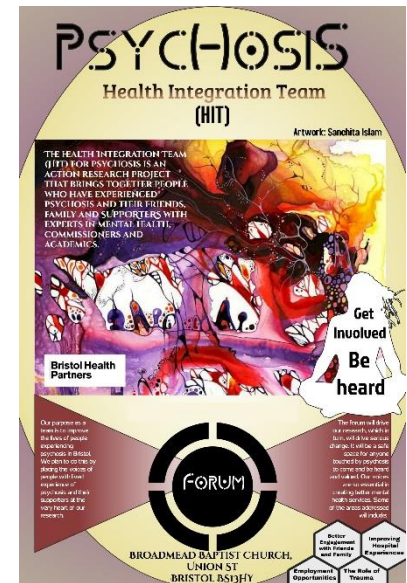
**Dr Sarah Sullivan**, Research Fellow, NIHR CLAHRC West and the Centre for Academic Mental Health, University of Bristol

**Dr Simon Downer**, Consultant Psychiatrist, Bristol Mental Health (Avon and Wiltshire Mental Health Partnership) and Honorary Clinical Lecturer, Centre for Academic Mental Health, University of Bristol

**Dr Martin Jones**, Medical Director of Commissioning and Primary Care, BNSSG CCG

**James Robinson**, peer director, representing service users and carers

**Martha Sneyd**, peer director, representing service users and carers



**Bristol Health Partners**