

Haringey Service User and Carer Forum

Microsoft Teams

Monday 11th of October 2021, 2:00pm-3:30pm

Chairs:	A. Dipino (A.D) & V. Lidchi
Present:	Suzanne P. Fraser (P.F) M. MacKenzie (M.M) D. Gathani (D.G) G. Passaway (G.P) H. Chamberlain (H.C) L. Harding (L.H) A. Gowshall P. Bajaj (P.B) C. Cox (C.C) J. Ikpoh (J.I) Satish
Minutes:	J. Douzenis (J.D)
Abbreviations	DP Discussion point

	Meeting Summary	Action
1	Round of introductions	
2	Matters Arising & Actions	
3	Notices	
4	Agenda Items <ul style="list-style-type: none"> • Presentation by S.M- "Making a Diagnosis" 	

	Action
1. Introductions	
1.1 Introduction of meeting attendees	
2. Matters Arising & Actions	
2.1 Update on Summer fete The summer fete was a success, there was live music and nice food stalls. People said that it was bigger than expected. G.P let the forum know that fêtes will be occurring more regularly now and will likely have one every summer and another one around Christmas time. According to G.P it was a success and since there has not been another fete for the past 14 years is committed to organising them more regularly.	
Next Forum Topic A.D suggested a good topic for the next forum could be medication in mental health and its side effects. S.M agreed to prepare a presentation on this topic for our next forum.	
3. Notices	

3.1	<p>Nature Walks</p> <p>Nature walks have been organised. The group meets every Thursday in St. Ann's at 14:00 until 15:30. If you are interested and would like more information please email Camilla.</p> <p>Visibility Action Haringey</p> <p>This is a peer led charity based in Wood Green that offers support to people who are deaf, blind disabled or experience mental health difficulties. They offer advocacy, and peer support for their members. Information leaflets about this organisation have been left with the Halliwick reception.</p>	
4	<p>Agenda Items</p> <p>4.1 Presentation by S.M- "Making a Diagnosis"</p> <p>Our new clinical director, Scott MacKenzie, provided a presentation about diagnoses, how these are made in mental health and the pros and cons of having a diagnosis.</p> <p>Unfortunately, in mental health, there are no clear or easy diagnostic tests. This means making a diagnosis in mental health is a lot more subjective. To try standardise diagnoses and how they are made, many “tools” have been developed. These include the “Mental State Examination” and diagnostic criteria such as ICD-10 (used in the UK and EU) and DSM (Used mostly in the US). Clinicians (GPS, psychiatrists, psychologists) are also expected to compete training around diagnoses and how they are made.</p> <p>Though these tools are used regularly, each individual's experiences, cultural background and family/personal history all play a part in their diagnosis. This means that everyone's MH difficulties are person and background specific.</p> <p>Some positives of receiving a mental health diagnosis; clear shorthand for professionals, makes research into mental health easier and clearer to classify, can improve communication between professionals and treatment guidelines. Some clients also feel it is helpful to put a name to their experiences and feel they can better understand themselves once a diagnosis is identified.</p> <p>Some negative aspects of receiving a mental health diagnosis; stigma, clients physical health may be overshadowed by their mental health, may be harder for people with a diagnosis to get a job/insurance, may affect the client's relationships, reductionist label- people are more than just their diagnosis, cultural bias and is subjective with poor diagnostic reliability.</p> <p>DP: Mental health can often overshadow physical health and clients feel like they are sometimes not taken seriously due to their diagnosis</p> <p>DP: Other social issues can also cloud mental health treatment and diagnosis.</p> <p>DP: Can a diagnosis be removed from an individual's records?</p> <p>This is not current practice, but the forum felt that if the diagnosis didn't feel right with the client or the client has been well for a long time and feels this is no longer an issue, an diagnosis should be removed. Diagnoses can change over time and people are often misdiagnosed.</p> <p>DP: Seeing a different doctor each time and not having access to their consultant can also be disruptive and lead to multiple diagnoses.</p>	

	DP: As a trust we are trying to move away from clinical labels and try work with individuals on managing their specific set of symptoms and difficulties.	
6.	Next Meeting	
	<p>Monday 8th of November 2021,14:00-15:30- Theme: Medication in Mental Health</p> <p>Click the link below to join our next meeting:</p> <p><u>Join Microsoft Teams Meeting</u></p>	