Destigmatisation from the top - &Me

Lizzie Lockett
Director Mind Matters/RCVS CEO

A systems approach to alleviating work-related stress
26 April 2018
Royal College of Veterinary Surgeons

Setting, upholding and advancing the educational, ethical and clinical standards of veterinary surgeons and veterinary nurses.
3. Veterinary surgeons and the profession

3.1 Veterinary surgeons must take reasonable steps to address adverse physical or mental health or performance that could impair fitness to practise; or, that results in harm, or a risk of harm, to animal health or welfare, public health or the public interest.


3.2 Veterinary surgeons who are concerned about a professional colleague’s fitness to practise must take steps to ensure that animals are not put at risk and that the interests of the public are protected.

RCVS Day-One Competences

- **Understand the economic and emotional context in which the veterinary surgeon operates**
  - *Veterinary surgeons need to be resilient and confident in their own professional judgements to withstand the stresses and conflicting demands they may face in the workplace. They should know how to recognise the signs of stress and how to seek support to mitigate the psychological stress on themselves and others.*

- **Demonstrate ability to cope with incomplete information, deal with contingencies and adapt to change**
Our work-streams

Prevent  Protect  Support

Our principles

Innovative  Collaborative  Evidence-based
Destigmatising  Outward-looking  Accessible
Who is behind Mind Matters?

Supported by a Taskforce, comprising...

Instigator, funder and manager of the programme
Psychiatrist and journalist @MaxPemberton speaking at our stream at #spysvmg18: 'Isn’t mental health depressing? No! It’s one of the branches of medicine where most people can recover!'
Learning from other professions
www.vetmindmatters.org/past-events/
DOCTORS’ SUPPORT NETWORK

A peer support group for doctors with mental health concerns
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psychosis

eating disorder

stress

depression

We all have mental health
Rob Pettitt

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Senior Lecturer in Small Animal Orthopaedics, University of Liverpool

My life ‘rapidly’ changed a few years ago when I had a serious mental illness. I say rapidly as it resulted from an elongated period of high stress at work and the breakup of my family life. I had always been a ‘get on with it’ person who could always be relied on to make deadlines, organise and generally be someone who you would turn to in a crisis. My previous career in the Royal Navy was very much about putting on a brave face in adversity – ‘it pays to be a winner’ was much quoted during my time.
&Me Live at BSAVA 2018
Thanks to @BSAVACONGRESS for a superb #BSAVA18 I've been educated, entertained, challenged, amused, exhausted, enthused and inspired by it all...and truly moved by the vets' and doctors' stories in the #&Me session yesterday @vetmindmatters

Josh Langlois @joshylangl... · 1d
Fantastic seminar this morning with @vetmindmatters @BSAVACONGRESS Honesty, openness and vulnerability is what our profession needs. Break the stigma of mental health issues meaning weakness. @theRCVS doing a great job of moving us forward #BSAVA18
In Japan, broken objects are often repaired with gold. The flaw is seen as a unique piece of the object's history, which adds to its beauty.

Consider this when you feel broken.
What next?
“Adapt if you need to because of the illness, but never because of the stigma of the illness”

Rebecca Lawrence, consultant psychiatrist, &Me Ambassador

www.vetmindmatters.org/andme
#AndMe