

ResearchNet contributes lived experience to mental health training for police

We've strengthened our Metropolitan Police partnership, thanks to an ambitious training programme with Bromley ResearchNet.

ResearchNet has existed in Oxleas for nine years and is now a thriving set of linked groups which aim to bring together service user and staff experiences to improve mental health and learning disability services through co-production.

Police approached Bromley ResearchNet following a successful co-produced training for London ambulance crews. As mental health accounts for 40% of police time, a commitment has been made to train all 8,000 frontline officers in mental health so as to better equip them to meet the challenges they face effectively and humanely.

This approach is innovative in that it not only focuses on specific legal powers, but uses direct testimony from people who had experienced mental health crises to support a wider commitment to a trauma informed policing model for London, known as trauma informed practice.



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ResearchNet provided video films from two of its lived experience researchers who had experienced a diagnosis of borderline personality disorder and bi-polar psychosis.

The videos explain what it is like to experience a mental health crisis in a public situation with reflections upon what helps and how their recovery is now. ResearchNet then invited Oxleas medical director, Dr Ify Okocha, to offer a professional perspective on the same practice points.

Officer training began in March and to date 1,300 officers have been trained with 85% recommending the training as a good use of their time.