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Better Lives



NHS
North London
NHS Foundation Trust



Better Lives - Who Are we?



Previously we were part of the Camden and Islington Mental Health Foundation Trust (C&I) that merged with Barnet, Enfield and Haringey Trust (BEH) this year and became the North London NHS Foundation Trust, keeping on delivering on the current Clinical Strategy.



In 2008 C&I became the first Care Trust to successfully achieve Foundation status. In 2017 the Trust gained a CQC status of overall Good and Outstanding in Substance Misuse.



The New Trust currently delivers most of the mental health care to residents in the North London Boroughs of Camden, Islington, Haringey, Barnet and Enfield.

Better Lives - Who Are we?



Better Lives

Better Lives is an integrated drug and alcohol service in Islington delivered by North London Mental Health Partnership in partnership with **Waythrough** charity.

We offer a free and confidential support service for individuals and their families affected by drug and alcohol problems.



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Better Lives
ISLINGTON'S DRUG & ALCOHOL SERVICE



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- **WAYTHROUGH** (formerly Blenheim) was founded in 1964 in West London to respond to the dramatic increase in young people using illegal drugs. Blenheim merged with Humankind in April 2019 sharing the vision for people of all ages to be safe, building ambitions for the future and reaching towards their full potential.
- In April 2018 Camden and Islington Trust began working as the lead provider for substance misuse treatment in partnership with VIA (formerly WDP) and Waythrough (formerly Humankind), with support to deliver substance misuse services in Islington as Better Lives.
- Since February 2024 we have provided this service in partnership with Waythrough .

Our staff is a Multi Disciplinary team made up of:

- *Recovery Practitioners*
- *Nurses*
- *Doctors*
- *Psychologists*
- *Pharmacists*
- *Peer Mentors*
- *Data leads*
- *Administrators*
- *Targeted outreach workers*
- *Complementary therapists*

Who we provide services for

- Any person who is a resident in Islington
- Who is over 18 years old
- Who has problems with drugs and/or alcohol.
- Families, friends and carers of those who are affected by substance misuse.



What we offer



- One to one key working and care coordination
- Medical assessment and review
- Opiate substitute prescribing – including Buprenorphine depot injections
- Gender specific and trauma informed support groups, women's group
- Structured Day Programme
- Peer Led Activities and social activities offered across our sites
- Eagles Peer Led social evening service (Wednesday's)
- BBV testing and treatment/Hep C Treatment/ Liver screening
- Harm reduction work and needle exchange
- Treatment in GP surgeries – (Shared Care)
- Assessment and access to residential detoxification and rehabilitation
- Family and carers' support and advice from our Family Service
- Psychological assessment and counselling
- Self-help and mutual aid groups
- Hostel pathway and targeted outreach
- Reintegration and aftercare – education, training and employment (ETE) support
- Service user involvement forums
- Men's Space



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What we offer

- Bespoke support for our older cohort such as a Pulmonary Rehab, Frailty Clinics and Physical Health support
- Complementary Therapies
- Training for Professionals and Community Conversations.
- Co-location in community settings and satellite working
- Peer Mentorship training courses
- Course to Build Confidence and Motivation
- Referral to VIA IPS to support with employment opportunities
- Hospital In-reach support for those who are frequently admitted to hospital
- NPS pathway
- Liaison with Mental Health Service
- Alcohol Screening
- Naloxone training and distribution: Peer 2 Peer Naloxone group
- Service user involvement
- Criminal Justice pathways: inreach to prison, police probation, court settings
- Out of hours and weekend service delivered by the Forward Trust
- Signposting and MDT working with relevant local services and organisations
- Prescribing outreach service in partnership with VIA- Inroads

Where Are We Located

Better Lives has 3 main sites :



99-101 Seven Sisters Road London N7 7QP
TEL: 0203 317 6099



28 B King Henry's Walk London N1 4PB
TEL: 0203 317 7277



309 Gray's Inn Road London WC1X 8QS
TEL: 0203 317 6650



- GP surgeries
- Police Stations
- Probation and Courts
- Prison
- Supported Housing/Hostels
- Mental Health Services
- Local Satellite locations – evolving



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Service Development 12 -18 months

We have

- Working to a clear service plan which is focused on reaching people in Islington who need additional support to access our services, who come from disadvantaged groups and have vulnerabilities which have become a barrier to treatment.
- Working in tandem with SWIM (Support Where it Matters)
- Working with our partners in the Criminal Justice system to have a wraparound support network to support service users in the Criminal Justice system with their substance misuse and offending behaviour to improve outcomes for them.
- To Increase staff in reach presence into prisons and police cells.
- Developing and Strengthening local links to increase the number of satellites we can provide across the Borough to enable us to reach more people.
- Working with Forward Trust to offer connection and support on Saturdays and Sundays and online groups during the week.
- Development of a robust hostel and supported accommodation offer with our VIA INROADs colleagues.
- Implemented our Accredited Peer Mentor Training



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Service Development 12 -18 months

We are

- Continuing to develop our Peer 2 Peer Naloxone group which is made up of our service users. We are very proud of this project and of our service users and their passion to deliver lifesaving advice and training.
- Identifying local events and teams in the borough to ensure we are promoting our service and that everyone knows how to contact us.
- Working to enhance the alcohol pathway in Islington and engage those whose health is being affected by alcohol use into treatment at an earlier stage to improve on their health and wellbeing and outcomes.
- Development of our Drugs and Alcohol Liaison Team with the Whittington and UCLH
- Working to improve links between adult and Young People's services to bridge the gap and provide targeted support for 18 – 25 year olds who traditionally struggle to make the transition into adult treatment services.
- Listening to our service users to help us continue to keep our treatment offer current and relevant to them.
- Development of our Mental Health Liaison with our mental health teams to promote joint working and care planning for our clients who have complex mental health needs.
- Develop and invest in our brilliant staff



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What Our Service Users Say:

- '....A service where you will feel safe and not be judged....'
- I am full of positivity and hope for the future in a way I could never have been without your continued support! So much positivity and thanks,
- "I see the Better Lives Family Service as the lighthouse shining to guide us to throughout life's storms...."
- 'Life changing' the service lived up to its name as his life had become better since he began treatment with Better Lives. He said that he felt very supported by the service and his key worker.
- ...This service is a lifeline, like a rope across a river. You hold on and at points across the river someone helps you not to lose your grip on the rope.....'



What Our Service Users Say:

- “Visiting Better Lives once a week, was like dropping an anchor. Dropping it in a new place each week. Once you’ve dropped anchor you can drift a little in any direction, forwards or backwards, but you can’t drift too far. During that whole time, the knowledge that that anchor was there, that I was anchored, was profoundly helpful on a daily basis. And the intention each week was always to drop anchor a little closer to shore, to understanding, than before. Having, Better Lives, in my back pocket was like a secret weapon.”
- “To all of the team at Better Lives, I am and will be forever grateful and I cannot thank you all enough for everything you have done for me and my family, We truly are privileged to have such services available to us and to be blessed with the wonderful people that work there and without doubt, do amazing, essential and integral work for those within our community.
- God bless you all. Thank you all. And please know, that what you are doing is and continues to, make a huge difference, not only to myself but for all who reach out to you for help and are willing to let go and fully engage and accept the help that is available to them.
- If you know of anyone that is suffering, or if you feel you could use support yourself to help get your life back on track, please do not suffer in silence, or let things culminate and manifest in negative ways. Seek help, reach out, be accepting, be humbled and I can assure you, you will see the benefits and you will be blessed with a Better Life.”

Referring and Access is Easy



Self-referral

Drop in to either Gray's Inn Road or Seven Sisters Road every day



cj.betterlives@nhs.net



betterlivesreferrals@nhs.net



BLFamilyreferrals@nhs.net

Website: [Islington | Drug and Alcohol](#)