

## Tutiette Thomas FMHC

Tutiette is a lay person, expert by experience, living with SLE Lupus, developed in 2002 while reading her BA in Cultural and Media Studies at the University of the West of England. She was a carer for her Mother Ingrid who lived with Parkinson's. Her Mother's death is subject to an inquest.

She is passionate and committed to improving health and wellbeing services for all, with especial focus on the Organisational Competence Framework for Mental Health – Patient and Carer Race Equality Framework (PCREF) recommendations for service users, families and communities of recent African ancestry.

She sees becoming a Mental Health Collective fellow as an opportunity to collaborate to bring social justice, delivery of health and wellbeing services according to the law and where the law does not meet need, for the law to be improved.

During her fellowship Tutiette will be collaborating toward:

- Full integration of mental health, physical health and social care services and local implementation of NHS personal health budgets
- Improving participation of people of recent African ancestry in Genomics for health and wellbeing
- Developing NICE guidance and guidelines on trauma informed approaches, including adverse childhood experiences and cultural trauma, toward [healing centred engagement](#)
- Developing NICE guidance and guidelines on cultural competence, integrating African Philosophies for ethnopsychotherapeutic treatment, recognising acculturative stress etiology
- Developing NICE guidance and guidelines on precision evidence based ethnopsychiatry/psychology ethnophytotherapeutics
- Bringing together expertise in the ontology and epistemology of distress for people of recent African ancestry to design services to meet need and improve outcomes

Tutiette is a NHS South London and Maudsley (SLaM) Mental Health Trust elected service user governor and co-chair of the Independent Advisory Group for the London Borough of Southwark in partnership with SLaM, for improving health and wellbeing outcomes for Southwark African ethnicities. She sat as a member for the UK government's Independent Mental Health Act Review topic group on the service user advisory group and the principles topic group.

