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| **Sarah Rae**  **Independent Expert by Experience**  [**sarah.rae@rockyroad.org.uk**](mailto:sarah.rae@rockyroad.org.uk) |



Sarah Rae is a long-term mental health service user. After a negative experience of acute care in 2005 she became determined to influence the design and delivery of services in her local mental health Trust. Sarah’s involvement with quality improvement initiatives led her to join the Health Foundation’s Q community in 2012.

She was a non-executive director of the NIHR Applied Research Collaboration (ARC) East of England from 2011-2019 where her role was to champion Patient and Public Involvement (PPI). In addition, she has worked with the Eastern Academic Health Science Network on several mental health related projects and is a member of the East of England Citizens’ Senate.

Sarah sat on the Board of Trustees at national Mind from 2011- 2020. Following the publication of Mind’s crisis care report she co-founded PROMISE (**Pro**active **M**anagement of **I**ntegrated **S**ervices and **E**nvironments) in 2013. The impact of this three-year quality improvement programme was to significantly reduce the use of physical interventions within the Cambridgeshire and Peterborough Foundation Trust.

Over the last two years Sarah has contributed as a lay member to the NICE Guideline Committee which is responsible for revising and updating the guidance on self-harm.

Sarah is currently the Service User Consultant for the Safety in Mental Health Settings project. This is a pan-London project focusing on addressing issues of violence and aggression within acute care and psychiatric intensive care units and supporting staff skills development.

She is also the co-lead on the MINDS research study which is funded by the National Institute for Health Research (NIHR). The three-year programme will apply a Systems Approach to co-design holistic discharge planning processes model for adult general acute mental health inpatient settings to improve the experiences and outcomes for service users, carers and staff.

Recently Sarah was appointed as the PPI co-lead on the NIHR ARC National Priorities in Mental Health programme where she is responsible for overseeing the PPI workstream and working closely with the programme’s ‘Mental Health Implementation Network’.