

Alia Syed  
Senior Support Worker

UCLAN

# **Community Engagement**

## **Achieving Equality and Tackling Discrimination in Mental Health Care**

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# Why Community Engagement?

**Race Relations Amendment Act 2000:** places duty to eliminate unlawful racial discrimination; promote race equality & promote good relations.

**Community Cohesion:** LA's have an important role to listen, engage & interact with local communities.

**Health Drivers:** *'Our Health, Our Care, Our Say'* strives for more choice & control & to build capacity of third sector organisations

# Mental Health Context

**Delivering Race Equality in Mental Health Care (DRE)** Department of Health 2005

**5 year Action Plan:** designed to deliver equality of access, experience and outcome

## **3 Building Blocks:**

- ✓ more appropriate and responsive services
- ✓ community engagement
- ✓ better information

# The Vision

*that amongst BME service users and communities:*

- **less fear** of mental health services & **increased satisfaction** with services
- **reduction** in the rate of admission to psychiatric in-patient units
- **reduction** in the disproportionate rates of compulsory detention in in-patient units
- **fewer violent incidents** that are secondary to inadequate treatment of mental illness
- **reduction** in the use of seclusion

# The Vision

- **prevention of deaths** in mental health services following physical intervention
- **more** BME service users reaching self-reported states of recovery
- a **reduction** in the ethnic disparities found in prison populations
- **more balanced range of effective therapies**, psychotherapeutic & counseling treatments as well as pharmacological interventions that are culturally appropriate & effective
- **more active role** for BME communities & BME service users in the training of professionals; development of policy; planning and provision of services

# The UCLAN Community Engagement Model

**ISSUE:** that needs acting on

**HOST ORGANISATION:** community & researchers

**TASK:** time limited; manageable; research

**SUPPORT:** financial, training, mentoring, monitoring, strategic - steering groups, REL, FIS

**PROCESS IS JUST AS KEY TO THE OUTCOMES**

# CE Programmes

- ✓ **Substance Misuse**
- ✓ **Mental Health**
- ✓ **Sexual Health**
- ✓ **Complex Needs**
- ✓ **Higher Education**
- ✓ **Offending**
- ✓ **Crime and policing**
- ✓ **Regeneration**
- ✓ **Refugee and asylum**

# Partners

- ✓ **DoH**
- ✓ **NTA**
- ✓ **HO**
- ✓ **MPS**
- ✓ **NIMHE**
- ✓ **Welsh Assembly**
- ✓ **GLA**
- ✓ **Aim Higher**

# Impact and Sustainability

**personal/individual:** qualifications, employment, CDWs; studying, volunteering, mentoring, shadowing

**community:** awareness, confidence, raised profile, ownership, involvement & engagement, resources & services

**strategic and commissioning:** engagement, intelligence, planning, services, resources, partnerships

# Recommendations

- outreach & raising awareness within communities to increase understanding of mental health and reduce stigma - *more and better information*
- greater support for (and greater involvement of) families and friends – *at all levels*
- more partnerships between BME organisations mainstream service providers – *including faith organisations*
- links to social inclusion initiatives - *housing, employment, regeneration, education*

# Recommendations

- provision of **culturally appropriate** services
  - faith & spirituality
  - alternative, holistic and spiritual therapies
  - provision of prayer and ablution facilities
  - provision of gender specific provision
  - provision of interpreters
  - better in-patient food and more appropriate day-time activities
- **training** for staff around refugee, asylum & immigration issues & domestic violence issues
- **workforce development** programmes & opportunities for BME staff

# **This is Just the Beginning**

- ✓ UCLAN exit
- ✓ Legacy
- ✓ Sustaining

# Thank You

[www.uclan.ac.uk/facs/health/ethnicity](http://www.uclan.ac.uk/facs/health/ethnicity)



Mike Rochfort  
Programme Lead: Older People  
Mental Health

CSIP West Midlands

Tony Merry

Midland Heart



**IRISH WELFARE &  
INFORMATION CENTRE**

*Helping to Build a Vibrant Irish Community*



**midland heart**

*passionate about communities*



**Report on the community  
led research project focussing  
on the mental health needs  
of the older Irish adult community  
in Birmingham**

# This research was carried out in partnership with:

- Irish Welfare & Information Centre
- Midland Heart
- National Institute for Mental Health in England ( Now CSIP )
- University of Central Lancashire
- Irish Community
- ICAP

# Aims

- To identify needs
- To identify barriers
- To identify how mental health services can be improved

The research identified the following contributory factors:

- Emigration
- Occupation
- Unemployment
  - Boredom

# The research identified the following contributory factors:

- Housing
- Social Environment
  - Isolation
- Anti-Irish stereotypes
  - Discrimination

# Recommendations

- Accurate & Regular Collection of Data
- Inclusion in Black, Minority & Ethnic Mental Health Agenda.
- Improved information to be made available.
- Sensitive Information.
- Targeted Events.

# Recommendations

- Cultural Competency Training in Statutory Sector Agencies.
- Capacity Building for Voluntary Sector Agencies.
- Community Based Services to be used for Support.

# Recommendations

- Partnerships across Statutory & Voluntary Sectors.
- A dedicated Community Mental Health Worker based at IWIC .
- New services to be culturally appropriate.
- Venues that promote integration.

# Recommendations

- Recognition of needs to be incorporated into PCT & Local Authority Commissioning.
- Investment into Services e.g. Dual Diagnosis.
- Involvement of the Community at Strategic Level Planning.
- Active Engagement of Customers.

Thank you