

Let's talk for better mental health

Issue 2 January 2010

A quarterly information update for mental health professionals in Tower Hamlets



Welcome to the second edition of the Community Development Team E-newsletter.

This E-newsletter is produced quarterly and is intended to share information important to mental health professionals across Tower Hamlets covering relevant policy, best practice and signposting services to publications and reports. The next edition will be April 2010. See page 4 for who to contact if you would like to submit a piece for inclusion

Dates for your diary

4 February
Your Say, Your Event
(details on page 3)

6 February
&
13 February
Khat & substance
awareness day
(details on page 2)

Key contacts

MIND
020 75104253

Faith in Health
020 76503029

**Primary Care
Psychology
service**
020 77913660

**Family Action,
Carers Connect**
020 73643497

**Community
Options**
020 83139725

Delivering Race Equality - Review

Good mental health is not just important for an individual's health and happiness but it is fundamental to the well being and prosperity of our society.

This means access to services is important to everyone for the effective promotion of good mental health.

The Delivering Race Equality in Mental Health programme (DRE) was launched in 2005. It was planned as a five year programme intended to support the development of mental health services in England to better meet the needs of an ever increasingly diverse population.

The government has made significant investment in setting up DRE, who's remit is both challenging and complex. DRE has been working to tackle inequalities and improve services for people from black and minority ethnic (BME) communities.

It's involved working with organisations and services across England as well as many different groups from service users and frontline staff to commissioners and policy makers.

Thanks to DRE's work, there is a much better understanding of the issues around race, ethnicity and mental health. Through innovative projects, research, data gathering, com-

munity engagement and a significant new workforce of community development workers, we now have a strong base from which to continue to improve services for people from BME communities.

DRE's work has informed New Horizons which is a new central strategy for improving mental health in England. New Horizons and its associated equality impact assessment describe the evidence for inequalities in mental health among ethnic groups. The roots of these, often serious, inequalities lie in social, not biological, factors so the responsibility for remedial action extends to all the agencies that influence public mental health and well being.

Key successes

- **Focused Implementation Sites (FISs)**
- **Partnerships in Care**
- **Workforce development**
- **Race Equality and Cultural Capability**
- **Clinical Trailblazers**
- **Enhanced pathways into care**

For more information on the *DRE in mental health care review 2009*, please contact

Mohammed Jama on 020 7092 5521
Or email
mohammed.jama@thpct.nhs.uk

Khat & substance awareness day
6 February
&
13 February 2010
Alhuda Cultural Centre
91 Mile End Rd
London E1 4UJ

CDW are hosting the final *Khat and substance misuse* event. These will conclude discussion around the ongoing work to promote awareness around Khat and substance misuse within the Somali community.

This follows on from the event held on the 9th December 2009, that featured presentations on the both the mental health needs of the local Somali community as well as relevant social, economical and psychological issues from key speakers from Public Health – NHS Tower Hamlets and Queen Mary University.

If you are interested in attending or know of any service users/carers who may be interested please contact Mohammed Jama on 0207 0925251.
Or email mohammed.jama@hnpct.nhs.uk

New Horizon 2010 – what is it?

New Horizons is a new strategy that will promote good mental health and well-being, whilst improving services. It highlights the need for a new approach to tackle some of the systemic issues within mental health services and will build on the National Service framework for mental health - widely acknowledged as the catalyst for a transformation in mental health care over the last ten years - which comes to an end in 2009.

New Horizons recognises that:

- Around 1 in 4 people will suffer from a form of mental illness at some point in their life
- One sixth of the population suffers from a common mental health problem at any time
- 1 in 100 people suffers from a serious mental illness such as psychosis
- More than 1.3 million older people suffer from depression or other mental illness
- 6 million people in Britain have depression and/or anxiety disorders - few get effective treatment
- One in ten mothers suffers from post-natal depression

New Horizons heralds a dynamic approach for improving mental health for the whole population. The focus on prevention and maintaining good mental health is particularly relevant with people leading more hectic lifestyles and living through the economic downturn.

Responding to New Horizons

The Afiya Trust, (BME health charity that tackles inequalities in health and social care provision for racialised groups) is reported to have welcomed the launch of **New Horizons** but stated that it's not confident that the strategy provides the 'new dawn' for tackling inequalities in mental health services faced by BME groups.

Patrick Vernon, Chief - Executive of the Afiya Trust, said: *"Placing public health and wellbeing at the heart of social change in mental health and by making this a leadership issue across all government departments are welcome shifts. However, the strategy still fails to address race inequality and institutional racism in mental health services in a robust way. BME communities face additional stigma and discrimination in terms of mental health and race and ethnicity, so this is a pressing concern."*

In September 09, The Afiya Trust organised three events in response to the New Horizon Consultation document – with over 200 people attending, the events resulted in a resounding call for strategic plans to eradicate race inequalities in any document that addresses the future of mental health for all

To find out more follow the link www.afiyatrust.org.uk

New Horizons and Community Development Workers

CDWs have been integral to the Delivering Race Equality Action Plan. Community engagement is a key component and CDWs are the developmental and collaborative conduit for statutory, 3rd sector, service users and carers. This helps to create a mental health service that better meets the needs of people from Black Minority Ethnic and Refugee Groups (BMER).

A message from Melba Wilson OBE - Mental Health Equalities Director – National programme lead:
***New Horizons** is clear in its commitment that focusing on the multi-dimensional needs of the individual also requires a clear commitment to meeting the needs of BMER groups. The commitment of New Horizons is that by 2020, "services will be attuned to the needs and wishes of individuals and communities, and will actively promote equality." CDWs are well-placed to support this commitment through the roles as change agents, bridge builders, access facilitators and service developers.*

***Ensuring that Policy reflects Practice.....**CDWs are in a prime position to provide evidence of how good practice can lead to improved outcomes. New Horizons seeks to ensure that future mental health policy is linked clearly with what works well in practice. CDWs' input through their employing organisations and through work with the Mental Health Equalities programme is vital."*

Action towards alternatives

Clinical Trail blazer

DRE funded 20 organisations to run a range of projects that looked at how they could change and improve the clinical services they provided to patients from BME backgrounds. The projects ranged from an audit and interventions within a Home Treatment team to the development of a Wellness Recovery Action Plan (WRAP) for BME communities. Project members met regularly to support each other and seven of the organisations received additional funding to develop their projects further

Case Study—As part of the Clinical Trailblazers' programme, Hampshire Partnership NHS Foundation Trust carried out a study: Developing culturally sensitive cognitive behaviour therapy for psychosis for ethnic minority patients by exploration and incorporation of service users' and health professionals' views and opinions. The study aimed to produce a culturally sensitive adaptation of an existing cognitive behaviour therapy (CBT) manual that was well suited to the needs of patients with psychosis from Black British, Black Caribbean and Black African, Bangladeshi and Pakistani minority ethnic communities. This would be accompanied by

guidance for health professionals to enable them to deliver CBT that is culturally sensitive and responsive for patients with psychosis from these communities. Interviews were conducted with 114 participants, including service users, lay members, mental health practitioners and CBT therapists in Hampshire and West London.

The study results captured what the specific Black and Minority Ethnic communities (Black British, Black Caribbean and Black African, Bangladeshi and Pakistani) think about attributions to psychosis, help seeking behaviours and pathways which influence their choices on whether to engage with mainstream services or revert to traditional approaches.

The key findings of the study are:

- CBT would be an acceptable treatment if culturally adapted
- The way that therapy is delivered needs to be adapted so that there is more pre-engagement and an understanding of a perspective where family and religion are at the centre of a person's thinking

- Some of the people interviewed saw the therapist as the 'expert' and expected them to have all the answers. This has implications in the therapeutic relationship between the CBT therapist and patient.

- There were complex language issues. Even though the study focused on patients who speak English or can communicate with the use of interpreters, some would revert to their own language to be able to express a particular thought or feeling.

- Understanding cultural background was highlighted as an important factor given that individual's cultural beliefs, norms and values influence attitudes, behaviours and response to psychological problems. As a result of this study, the CBT manual is being developed. A feasibility study of culturally adapted Cognitive Behaviour Therapy for psychosis for ethnic groups is underway in Hampshire, West London and Manchester.

Your Say, Your Event

4 February 2010

12pm - 5pm

Toynbee Hall

Commercial St E1

Tower Hamlets Community Options is a registered charity specialising in supporting people with experience of mental illness to live independently in the community. They are hosting a half day event for local people affected by mental health issues to come together, share stories, exchange information, be listened to and to work together for improvements.

The theme for this particular event is **'drugs and substance misuse'**

For more information call Charleen Elliot on 020 73779353 or email Chaleen.Elliot@community-options.org.uk

Open secrets

Manic depression, clinically known as Bipolar disorder, is a condition in which people experience abnormally elevated and abnormally depressed states for a period of time in a way that interferes with the functioning of normal or day to day activities.

Open Secrets is a short film directed by Mr. Azeem Khan. The film features an Asian boy who is suffering from manic depression and is receiving treatment in a mental health facility but has no support from his family to deal with the problem. This particular aspect

highlights where mental health issues can be taboo and problems with family members are hidden so the individual does not become a social outcast.

CDW are offering workshops between now and March 2010, that investigate the issues raised in the film.

This could either be in a format where the film is watched in it's entirety and then the viewers split into groups and discuss the main themes, or alternatively a new technique developed entitled

'Pause & Talk' whereby the film is stopped at important segments and discussions initiated around the issue at that particular point of the film. We will also use a technique called 'PinPoint' which will allow much greater interaction between the facilitators and audience rather than the audience just being spoken to via the facilitator.

If you or your organisation are interested in working with CDW to run a workshop, please Contact Marlon Brown on 020 7092 5583 or email marlon.brown@thpct.nhs.uk

Time for Reflection

In June 2009 a conference was held titled **Commentary on the need for change and why**. In a response to the Conference Hari Sewell (who is a specialist in the area of ethnicity, race and culture in mental health) wrote an article: **Working with Ethnicity Race and Culture in Mental health: The need for new thinking and better action**.

"Can mental health services help reverse the deterioration?"

It seems that every year the statistics tell us the same things. Black people are admitted to psychiatric hospital proportionately more often than their white counterparts. A higher percentage of black people using mental health services have a diagnosis of schizophrenia. Can mental health services help reverse the deterioration? Based on the evidence of the last 100 years, apparently not. Some geneticists believe that the source of mental health disparities between Black people and others lies primarily in biological causes."

"Failure of the current bio-psychosocial model to turn the tide"

"The failure of the current bio-psychosocial model to turn the tide can insidiously lead to hopelessness about the role that mental health professionals can play in making a difference.

I, and many others like me - remain outraged by the disparities and am convinced that the interaction that is at fault is not so much that between the individual psychology, the biology and environment but between flawed problem-solving and ineffective action.

With regard to flawed problem-solving, take for example the evidence that black people enter services with a greater degree of complexity and need. If the genesis of Black people's needs are a result genetics (a biological propensity towards something considered to be an illness) and *damage* as a result of poor socioeconomic backgrounds it is not clear how mental health services are supposed to make a positive difference to the disparities in service utilisation. The questions around service impact are further compounded by the findings from Professor Swaran Singh's study of formal admissions under the Mental Health Act 1983. It showed that as you look at the cohorts of people who are admitted for a second, third and fourth time - the proportion of Black people increases with each successive admission."

"We are yet to see a model of delivery that is proportionate to the level of need."

"With regard to effective actions, we are yet to see a model of delivery that is proportionate to the level of need. Mental health services believe they are fair in providing an equal response to BME people at the point of entry into services because the same criteria and processes are used uniformly. Black people have more adverse experiences prior to entering services. If these have no continued relevance to their experience and outcomes in mental health services, then surely the burden of responsibility for the deteriorating outcomes within services (indicated in Singh's research) rests more heavily on the shoulders of mental health services."

"If these prior experiences are believed to have continued relevance then surely the responsibility of services must be to respond in proportion to needs."

Go to Hari Sewell website (<http://www.harisewell.com>) for full details on the conference and his publications.

The Costs of Race Inequality

the Sainsbury Centre for Mental Health have recently produced a paper that makes clear the extensive body of evidence to show the significant difference in the way Black African and Caribbean people who come into contact with mental health services and the treatment they receive compared with the rest of the population.

This policy paper strengthens the case for better mental health service for Black people which could yield a double benefit: of improved outcomes and lower financial costs. The paper lays out the business case for addressing racial discrimination within mental health services as well as acknowledging the health and equity case.

For the full report type go to www.scmh.org.uk

Carers Handbook

This is a booklet by carers for carers living in Tower Hamlets. The booklet has been produced on the recommendation of those who took part in the Carers Mental Health Forum.

The booklet is designed as a 'one-stop' guide for carers and the cared for. It provides a comprehensive guide that signposts **HOW** and **WHERE** carers can get help and support. It also includes important information about the rights of carers.

If you would like a copy of the booklet please contact

Jack Alecho-Oita on 0207 092 5174 or email jack.alecho-oita@thpct.nhs.uk

Your CDW contacts

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The next 'Let's talk for better mental health' is due out in April 2010. If you have news or a feature that you like considered for inclusion please send to Mohammed Jama by 24 March at mohammed.jama@thpct.nhs.uk