

**DELIVERING RACE EQUALITY
FOURTH ANNUAL CONFERENCE
12TH MARCH 2009
QE2 CONFERENCE CENTRE, LONDON SW1**

FURTHER WORKSHOP INFORMATION

To help you make an informed choice about which workshop you wish to attend, the aims and a summary description are set out below.

We are still awaiting full details of some workshops but as information is available we will update this. Please keep accessing either www.londondevelopmentcentre.org or www.actiondre.org.uk for the latest information on workshops.

Workshop 1: “Other” Drama

Powerful drama based on the reality behind the over-representation of mixed race men in the Mental Health system.

Aims:

The aims of the theatre based programme are:

- Promote discussions with professionals in all sectors about the reasons for the high number of BME patients in the mental health system.
- Impact on professional behaviour in relation to BME service users both within the mental health system and prior to admission.
- Provide an intervention which would contribute to the prevention of the detention of large numbers of BME young men in the mental health system through criminal justice procedures.
- Engage audiences in a wide cross section of society in debates about the issues raised by the play.

Summary:

Written by actress and writer Lorna Laidlaw, *Other* tells the story of a mixed race boy, Tobias, and his single parent white mother, Caroline. Although he makes a good start in life at his Primary School, things rapidly deteriorate for him as he grows older- and becomes aware of the fact that he is different.

After getting in trouble at school and with the police, Tobias becomes more and more confused about his own identity, and starts to exhibit early psychotic symptoms and is finally sectioned and admitted to a psychiatric ward. The narrative is told retrospectively, starting with the final events and progressing backwards to Tobias's birth. The audience is left with the question: *How and why did a bright and promising child like Tobias end up in this position?*

Workshop 2: Open Secrets

Thought provoking film tackling mental health stigma in South Asian communities.

Aims:

A practical focus on how this film can be used to challenge stigma and discrimination in local communities.

Summary:

Starring Saeed Jaffrey, the Open Secrets film is based on the real life experiences of a young Asian man who struggles to address family attitudes and stigma around his mental illness.

Workshop 3: Happy Soul Festival

A high-impact, outreach project which engages with BME communities using film and arts as a celebrative vehicle, and builds sustainable relationships within local communities.

Aims:

- To build awareness of and de-stigmatise mental health issues in the Black and Minority ethnic communities
- To attract BME communities using films and arts which relate to their experience and culture and that also have mental health themes
- To exhibit the best of new film and arts that relate to BME communities
- To create a publicity campaign around the Festival which will help create an even broader debate and awareness of BME mental health issues in the London media and
- Enabling the Trust to build its profile and reputation with BME communities as we achieve FT status, and to sustain communication using creative methods

Summary:

Viewing of current materials used for Happy Soul Film and Arts Festival and exploring the planning process of using Arts and Films in your organization workshop

Workshop 4: Gender and Mental Health

Two presentations will be provided during this workshop highlighting cross cutting themes between Gender Equality and Race Equality in Mental Health.

Aims

- Provide an understanding of Perinatal Mental Health Issues both generally and in relation to Race Equality
- Provide an understanding of issues relating to young BME men accessing services

Summary

Two brief presentations. One presentation will focus on providing an overview of a National Perinatal Mental Health Project. The second presentation will provide an overview of work being carried out by the Men's Health Forum relating 'Improving the mental health of BME men'.

Workshop 5: Dashboard

Information about the DRE led tool which tracks progress on Race Equality in Mental Health at a local and regional level.

Aims:

- To raise awareness about the DRE Dashboard
- To provide context and background about the development of the DRE Dashboard
- To promote ownership and engagement by commissioners and providers in completing the six headline indicators
- To highlight ways in which work in the DRE programme can support service improvement

Summary:

The DRE Dashboard identifies six headline priorities to support local, regional and national monitoring of outcomes for BME communities. These are:

- Access to early intervention
- Access to crisis resolution/home treatment
- Use of assertive outreach services
- Access to psychological therapies
- Implementation of Supervised Community Treatment (under the Mental Health Act 2007)
- Recruitment and impact of Community Development Workers (CDWs)

These areas overlap with the overall DRE programme priorities of:

1. Continued recruitment of CDWs
2. Continuing work to ensure access to appropriate services
3. Continuing work to increase satisfaction and confidence of people from BME communities in mental health services.

The DRE Dashboard is also intended as a tool for gathering detailed narrative on the range of work undertaken within the DRE programme since its inception in 2005. The aim is to support service improvement and policy

implementation to address the 12 characteristics for service change set out in the DRE Action Plan.

The workshop will update participants on progress in capturing data to complete the dashboard.

Workshop 6: Race Equality and Cultural Competency (RECC)

Acquire new insights and skills through an abbreviated RECC session.

Aims:

The RECC learning materials are designed to:

- Develop knowledge and understanding of discrimination,
- Develop knowledge and understanding cultural difference and
- Recognise the impacts of discrimination.

The learning materials will also enable workers to develop their practice skills in:

- Promoting race equality,
- Working positively with cultural difference and
- Effectively dealing with the impacts of discrimination on individual and institutional levels by using the RELATE model.

Summary:

This is a taster session introducing you to the new 12hr RECC course and the RELATE model of intervention.

Workshop 7: Equalities legislation

Briefings and discussion on Equality and Human Rights legislation including the new single Equality Bill.

Aims

This workshop aims to:

- Increase awareness of impending legislation
- Provide a greater understanding of how the new bill differs from existing legislation
- Increase understanding of how new legislation is likely to impact on local stakeholders in mental health services

Summary

This is a 90 minute workshop incorporating the delivery of a 20 minute presentation and interactive group exercises / discussion.

Workshop 8: Mental Health First Aid (MHFA)

Aims:

This workshop aims:

- To preserve life where a person may be a danger to themselves or others
- To provide help to prevent the mental health problems developing into a more serious state
- To promote the recovery of good mental health
- To provide comfort to a person experiencing a mental health problem

MHFA does not teach people to be therapists. However, it does teach people how to recognise the symptoms of mental health problems, how to provide initial help and how to guide a person towards appropriate professional help.

Summary:

A taster session of this innovative training which is being disseminated across the UK.

Workshop 9: Early Intervention in Psychosis

Aims:

Raising expectations and improving life chances for young people from BME communities.

The aims of this workshop considers how early intervention teams can take on board key issues in social inclusion, recovery, and wellbeing, with particular reference to the needs of BME service users.

Summary:

It is also important to look how both primary and secondary care partners, learning and work providers, can work together to achieve a sense of coherence and agreement around care pathway, and mutual supports. Furthermore we will discuss how new “integrated care organisations” (Darzi) along with world class commissioning in mental health may enable such collaborative approaches. Participants are asked to share good practice examples, also bring dilemmas they have encountered in practice

Workshop 10: Let's Respect – Overview of the lets Respect campaign and resources to support BME Elders

Aims

This workshop will:

- Raise awareness of 3 most prevalent mental health conditions experienced by Older Adults in Hospital
- Introduction to the toolkit
- Chance to view the powerful Let's Respect presentation slides

Summary

Let's Respect was developed to help non-specialist staff better meet the mental health needs of older people. It consists of an innovative resource box, presentation slides and a DVD. The photographic images are extremely poignant and moving, and the text which accompanies them was written by experts in the field of mental health care. The resource focuses on the three most common mental health conditions experienced by older people – dementia, depression and delirium.

Resource boxes have been used in every acute general hospital in England. The presentations (and boxes) have also been used in Australia, Canada, the US, as well as Wales, Scotland, Ireland and Scandinavian countries. Phase two will see the roll-out of resources to primary care, social care and nursing home settings.

Read more about Let's Respect, view the presentation slides, see the latest Let's Respect Bulletin and download further resources at: www.olderpeoplesmentalhealth.csip.org.uk/lets-respect.html

Workshop 11: Organisational frameworks for embedding the role of CDW

Aims

This workshop is designed to introduce a working draft of the frameworks, get feedback on them and to enable you to contribute to shaping what will be produced – a set of frameworks for embedding the role of CDW on a sustainable basis.

Summary

Following the research into how the role of CDW is being implemented in practice, a working group will be developing guidelines on the kind of frameworks that need to be in place to build organisational capacity for DRE and to provide infrastructural support for CDWs.