



“let us share our
voices of experience
in mental health”

VOX

Diversity Network Bulletin May 2010, Issue 2

Welcome to the second edition of the diversity network bulletin, if this is the first time you have viewed this bulletin, you might want to see our 1st issue to get a better picture of our work. You can access back issues by clicking on the following link www.voxscotland.org.uk/about/our-work/diversity

The bulletin is also available in hard copy format on request.

VOX is a Scotland wide, member lead organisation, we work to insure that people with a lived experience of mental health problems get the opportunity to inform services about their experiences and to influence policies in relation to mental health at a national and local level.

The aims of the bulletin

The bulletin seeks to hear from groups and individuals from diverse backgrounds and whose views in relation to mental health are not heard from traditionally. The aim is to share and learn from each other, to facilitate awareness, positive change and anti stigma, to promote partnerships and collaborations and to celebrate diversity.

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Men in Mind (MIM) is a service which provides information and support for black and minority ethnic men in Edinburgh.

The service aims to develop mental health support services and to raise awareness of mental health issues amongst black and

minority ethnic men. MIM service is available to all black and minority ethnic men over the age of 16 years and can be accessed by calling directly for an appointment or by visiting one of our area drop-in services. However, if they prefer, referrals can be made by a health professional, social worker or a support service they already access. In these cases, referrers should contact MIM to obtain a referral form.

Our Services

One to One Support

We have a number of support workers with different minority ethnic language skills who are able to provide short-term, one-to-one support. The principal aim of this support is to encourage men to access MIM and other mental health services.

One-to-one support is available by appointment only.

Open Drop-In Services

The purpose of the drop-in is to give informal support in a social environment; and it is an excellent place to come to relax and socialise. Support workers are always available if someone wants to have a chat.

Educational Programmes & Training

MIM run a series of workshops/activities with other organisations to raise awareness of mental health issues amongst black and minority ethnic men. The service can also deliver specific training.

Men in Mind Forum

The service runs a forum, at the beginning of every month where black and minority ethnic men come together to discuss different issues, project developments and receive information about other services.

MIM Social Events

MIM occasionally run social events that address issues of isolation and loneliness, providing some evenings of music and entertainment within a friendly and fun atmosphere.

If you would like more information on any of MIM's services or activities, please feel free to contact us.

40 Shandwick Place
Edinburgh
EH2 4RT

Telephone: 0131 225 8508

Fax: 0131 220 0028

Email: mim@health-in-mind.org.uk

Web: www.health-in-mind.org.uk

Ethnicity Data Can Make a Difference

– Ask the Question

Equality and diversity monitoring helps us to understand which individuals and groups access mental health services. It also enables us to promote equality by targeting services at groups who may encounter barriers using mental health services. In the context of decisions about compulsory treatment or incapacity it is essential that mental health practitioners both record and understand the impact that a person's ethnicity may have in terms of intervention – not just in order to provide the most appropriate care and treatment but in order for analysis and future understanding about need and gaps in service provision. It is also very important that service users are asked the questions respectfully and in confidence and that their information is then treated in the same way.

Ethnicity relates to the group that a person belongs to, or is perceived to belong to, due to certain characteristics such as their 'race', religion, diet, appearance and language spoken. In the context of ethnic monitoring a person's ethnicity is self-defined. The Race Relations Amendment Act 2000 requires public services to provide equitable services to people irrespective of ethnicity. The legislation also requires public services to conduct ethnic monitoring with service users. Despite this legal driver, and the inclusion of ethnic monitoring within the forms used in connection with compulsory treatment under the Mental Health (Care & Treatment) (Scotland) Act 2003, we still have

relatively poor completion of ethnicity forms. In its annual report in 2009, the Mental

Welfare Commission reported that they had only received ethnicity information on 70% of the forms they received. This makes meaningful interpretation impossible and we are currently therefore unable to interpret whether certain ethnic groups are over or under-represented in terms of compulsory treatment. A number of stakeholders, including the Mental Welfare Commission, believe that ethnic monitoring should be a mandatory part of the form filling process and have fed these views into the current review of the Act.

In England and Wales, ethnic monitoring has been routine across mental health services for over 10 years. The annual 'Count Me In' census of psychiatric hospitals reveals that African and Caribbean men are consistently over-represented in the numbers of detained patients and in secure wards as compared to their white counterparts. In Scotland we know almost nothing about the rates or experiences of Black and minority ethnic (BME) individuals and groups in our psychiatric hospitals or community mental health services. This is another reason why it is important to undertake equality and diversity monitoring in a consistent way.



There are a number of examples of good practice worth checking out:

1. The Mental Health and Race Equality Programme which is based within NHS Health Scotland and supports practitioner/research networks as well as learning resources. Contact Dale Meller at 0141 354 2900 or visit <http://www.healthscotland.com/about/equalities/mentalhealth.aspx>
2. 'Happy to Ask, Happy to Tell' which is an information, DVD and training resource for frontline staff in diversity monitoring. Contact Michael Tornow at 0141 354 2900 or visit <http://www.isdscotland.org/isd/5652.html>
3. 'Dimensions of Diversity' which is a recent report looking at the equality and diversity strands from a health perspective. Contact the Public Health Observatory on 0141 354 2900 or visit <http://www.healthscotland.com/documents/3988.aspx>

Dale Meller
Programme Manager
Mental Health and Race Equality
NHS Health Scotland



My Story with Drug Addiction and Rehabilitation Project

Scottish Centre for Ethnicity and Social Policy Research

Glasgow Anti Racist Alliance

S. Shirjeel, N Reetoo

A study in Glasgow reported that between 20-25% of individuals from the Pakistani, Indian and Chinese communities have experienced drug use. There is generally a high reluctance by BME communities to involve or contact services when affected by drug use due to associated stigma and perceptions of service provision.

The South East Glasgow CHCP's South Community Addiction's Team (South CAT) has a specialist BME drug and alcohol team which has been offering BME drug users specialist rehabilitation services for the past decade. A number of schemes have been developed to raise awareness and promote service use but the uptake of these services by BME members has been relatively poor.

We believe that in order to accurately advice and support service users from diverse backgrounds it is essential to consider the cultural meaning of somatic symptoms, and explore the social context of distress. This is why the engagement of family members and friends and support provided to them during the treatment process is considered

very important when dealing with BME communities.

The My Story with Drug Addiction and Rehabilitation project is being lead by GARA in collaboration with South CAT. This research aims to explore the experience of people from BME communities with drug addiction including the effect this has on friends and family members of drug users. We are also studying how mainstream services (NHS based drug services) are equipped to meet needs of BME community members facing this problem and how these can be improved. This research also aims at using footage from

interviews conducted to produce a short DVD which could be used to inform training of staff working with BME clients and to help raise awareness in the community about access to services and combat stigma around mental health and drug addiction.

This study is funded by the Scottish Government Drug Policy Unit and Glasgow Addiction Services

For more details about this project please contact Ms Sidra Shirjeel or Dr Nundita Reetoo at GARA on 01414186530 or Email Sidra@gara.org.uk

I have Asperger Syndrome. I am a survivor of high-handed high pressure teachers, now totally discredited, whose requirements were impossible to live up to, who determined to believe my abilities were greater than they were. It is obviously an intense political injustice that the effects of this should have brought me rather than them into the teenage mental health system.

Ethical questions Aspergers now poses for all mental health practice:

* We can't perceive little hidden clues and meanings that are not stated, but are just implied culturally. We only see what is directly stated. Mainly because of this, often we are and have been less able at formal education than our teachers hoped. The way I could never cope with homework questions that try to force you to find or guess hidden jumps of reasoning before you can answer the question, is completely representative of this.

* This further means that many adult aspies (our nickname) have mental health

histories lying in the records that are wrong, that consist of psychiatrists treating them with assumptions in conflict with these problems, that are now proved wrong.

* Autism, attention deficit, Tourette's, now form a group of conditions in which heightened physical senses are known to occur. Because the intake from the world into our senses tends not to be filtered, not so selective as in most folks, more prone to take in everything. This can make skin feel sensitive to, and bothered by, rubbing fabrics. This obliges psychiatrists to acknowledge these things as responses to sensitivity that seriously matter to physical wellbeing, instead of thinking they are obsessions or irrational. Instead, we prove that for all their clients all mental health services' duty is to back the liberty of practising any costume choice, and to back the need for tolerant and thoughtful social niches for everyone who needs them.

Maurice

Everyone IN!

The Equality and Human Rights Commission has funded the EveryoneIN Project to do work on the intersections of race and religion with sexual orientation and gender identity. EveryoneIN is a project that is being undertaken in equality partnership between Equality Network and Black and Minorities Infrastructure Scotland (BEMIS). VOX is a member of the Steering Group.

Over the next twelve months the EveryoneIN Project will:

- run two action groups (in Glasgow and Dumfries) bringing together groups
- from the different strands to get to know each other and produce work in partnership
- develop activists who are interested in doing cross-strand minority ethnic lesbian, gay, bisexual and transgender (ME/LGBT) work
- deliver four free training courses on the ME/LGBT intersections

- conduct research on LGBT asylum seekers and refugees
- conduct research on LGBT gypsies and travellers.

This work is the result of research published by the EveryoneIN project last year that showed that race and LGBT strand specific services recognise that there are specific and complex issues in providing comprehensive services for people who may identify as ME/LGBT and that many are eager to work with groups specialising in other strands to increase their capacity to do so. The full report and an executive summary thereof can be found on both the BEMIS and Equality Network websites and is also available in the SCVO on-line resource library.

For further information or to get involved please contact Samantha Rankin at sam@equality-network.org or Tim Cowen at timc@equality-network.org



Our Vision – A Brighter Future

“I have greatly enjoyed the second blooming... suddenly you find – at the age of 50 – that a whole new life has opened before you”.

Agatha Christie

- Are you over 50?
- Do you enjoy learning & sharing new skills?
- Would you like to use your life experience to motivate others?
- Do you have time to spare on an agreed basis?
- Free training provided

Brighter Futures is looking for volunteers over the age of 50 who are interested in becoming peer mentors to support older people in the community who live in East Renfrewshire, South East Glasgow and South Lanarkshire.

Mentoring involves a one to one relationship based on trust and confidentiality with the goal of providing practical assistance.

Peer mentoring is when people mentor someone of a similar age or experience to themselves.

As a Brighter Futures volunteer you will be able to use your skills and experience to help an older person to become more actively involved in their community. Involvement can be a rewarding experience and can

provide you with an opportunity to achieve and develop new skills.

Brighter Futures are also ready to receive referrals from individuals over the age of 50 who live in East Renfrewshire, South East Glasgow or South Lanarkshire and would like a service from the project.

For more information please contact Tina Yu at Mental Health Foundation on 0141 572 0413, email: tinayu@mhf.org.uk

HAZEL'S COCONUT BISCUITS



Why not try this recipe as an alternative to buying packets of biscuits

INGREDIENTS

- ½ lb Desiccated Coconut
- 2 Tablespoons Vegetable oil
- 3 oz Sugar
- 2 Medium Eggs
- 20 Paper cake cases

Method

Heat oven on high, mix all the ingredients together in a bowl, and ensure mixture is not too wet. Place a table spoonful of the mixture in to each paper case, place on top of oven, reduce heat and cook for approximately 10 minutes until brown on top.

Enjoy with a warm cup of tea or coffee, it tastes great with or without company.

Contact Information

Samaritans

08457 909090

They provide confidential non-judgemental emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

Breathing Space

0800 8385 87

(Monday - Thursday 6pm-2am)

(Friday - Monday 6pm - 6am)

Breathing space is a free and confidential



phone line service for any individual, who is experiencing low mood or depression, or who is unusually worried and in need of someone to talk to.

NHS 24

0845 4 24 24 24

An online and telephone-based service that can answer your questions about your health and offer advice.

VOX- Voices of Experience

c/o Mental Health Foundation, 30 George Square, Glasgow, G2 1EG



Telephone: 01415721663

Email: mal-gailani@mhf.org.uk

Website: www.voxscotland.org.uk

Saheliya

Saheliya is a Black and Minority Ethnic Women's Mental Health organisation based in Edinburgh. They provide several services such as counselling and complementary therapies.

Telephone: 0131 556 9302

Website: www.saheliya.org.uk/

DAS-Depression Alliance Scotland

DAS is a national organisation that focuses specifically on depression. They offer information, self help support groups and telephone and email support.

Telephone: 0845 123 23 20

Email: info@dascot.org

Website: www.dascot.org/index.html