

Thank you for joining today's event,
which will start at 10:00.

We would like to create an AMHE playlist
for our events. While you are waiting,
please add a song that inspires or
uplifts you to the chat and
we will start putting the
playlist together!



Learning Set 3

9 February 2022

10:00 – 12:00

Welcome!



 #AMHE



Housekeeping

- Please mute your microphone unless you are speaking.
- If you would like to ask a question or leave a comment, please use the chat function within the meeting.
- The session will be recorded and shared on our website. If following today's event you do not wish to be identified please contact us on the email below.
- If you experience any technical difficulties, please email AMHE@rcpsych.ac.uk



 #AMHE



Agenda

Time	Item	Speaker
10:00 – 10:05	Welcome	Tom Ayers
10:05 – 10:25	Together / Gyda'i gilydd	Tracey Sherlock, Business Development & Sustainability Officer, Neath Port Talbot Mind
10:25 – 10:45	Establishing your population needs in the absence of any reliable data	Fatin Hussain, Consultant Psychiatrist, Somerset NHS Foundation Trust Lee Reed, Quality & Equality Officer, Somerset Clinical Commissioning Group
10:45 – 10:55	Break	
10:55 – 11:30	Sharing successes and challenges of your AMHE project so far	AMHE Project Team
11:30 – 11:55	Breakout task	Quality Improvement Coaches
11:55 – 12:00	Feedback and close	Tom Ayers



#AMHE



Populations identified or being considered

Avon and Wiltshire

Young black men, transgender people, rural communities, learning disabilities and neurodevelopmental disorders, and more.

Mind in Hampshire

Young black men, IAPT service/talking therapies, LGBTQ+, transgender people

Livewell Southwest

Severe mental illness

Norfolk and Suffolk

Black men, refugees and forced migrants

Barnet, Enfield and

Haringey

Black men in Haringey

Mind in Tower Hamlets and Newham/Haringey

Young black and mixed race/dual heritage men, muslim women/black women, people with dual or mixed heritage

Pennine Care

Women military veterans, Bangladeshi and Pakistani men and women, transgender community

Devon Partnership

Black, Asian and minority ethnic communities, looked-after children, older adults, homelessness, and more

Neath Port Talbot Mind

Black, Asian and minority ethnic populations

Somerset

Male adult gypsy, Roma and Traveller community, rural communities, sex workers, autism, LGBTQ+ community

Mind in Croydon/Kingston

Korean community, carer population, neurodivergent individuals with comorbid mental health diagnosis (e.g. autism/adhd)

Mind in North Lincs/North Staffs

People with autism, people who are homeless or at risk of homelessness, ex offenders

Southern Health

People experiencing psychosis, socio-economic status, ethnicity, use of interpreting service, homelessness



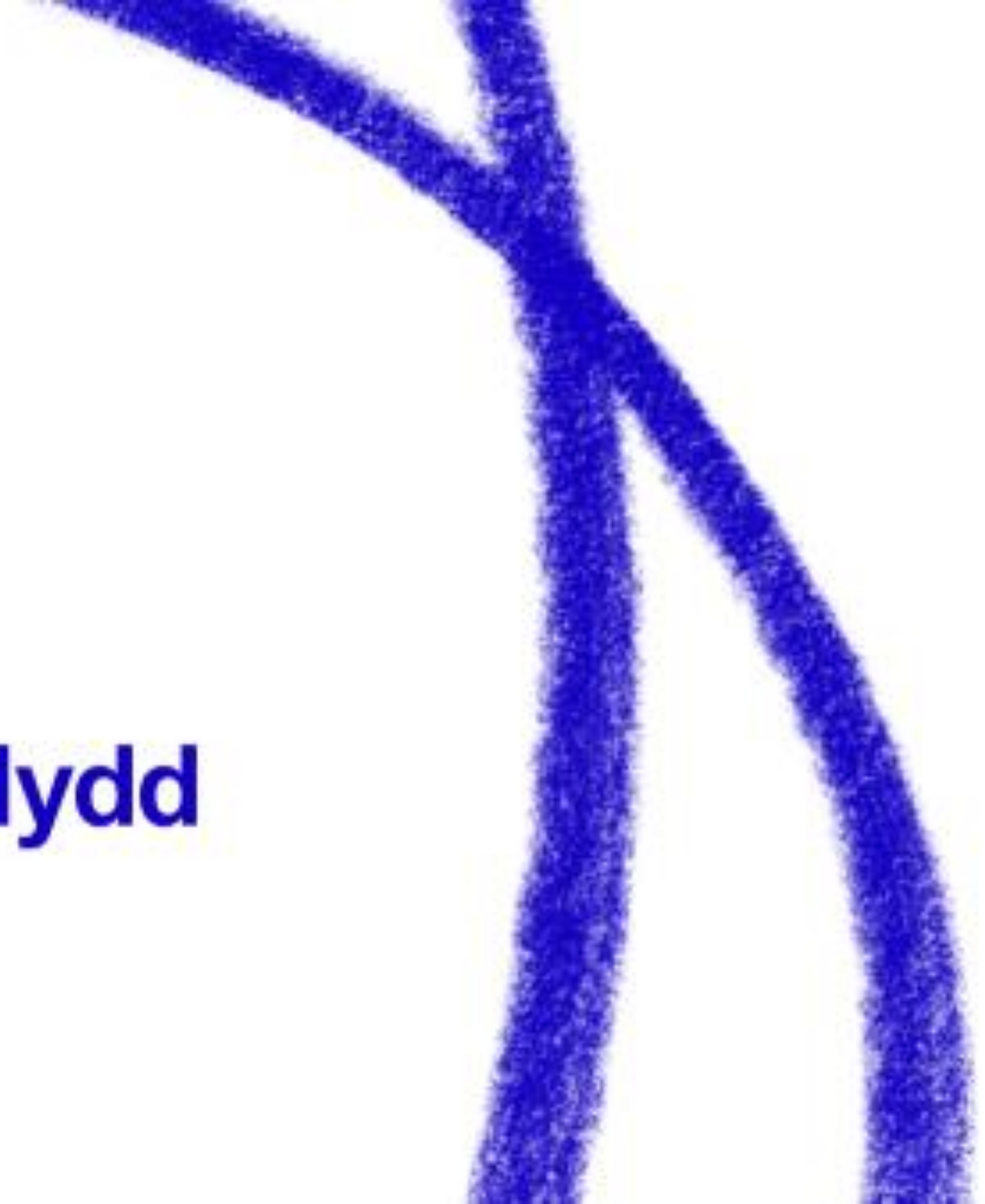
#AMHE





Neath
Port Talbot

Together / Gyda'i gilydd



Neath Port Talbot

- County in the south-west of Wales: bordered by Brecon Beacons in the North, coast to the South, Swansea to the West and Rhondda Cynon Taff to the East
- Part urban, part rural
- Significantly reliant on industry: 22% jobs are manufacturing & Port Talbot Steelworks the largest employer
- Relatively high deprivation
- Stigma around mental health
- Population in the coastal areas is mainly English-speaking, whereas in the valleys of the north, higher proportion of Welsh speakers



People of Neath Port Talbot

- **Population:** 139,182 people
- **Age:** 27% population 24 or under, 20.5% population over 65
- **Disability/health:** highest proportion of population categorised as having 'day-to-day activities limited a lot' (16%) in Wales. Also, second highest proportion of population categorised as having their 'day-to-day activities limited a little' (12%) in Wales.
- **Ethnicity:** 3,763 people identify as being from a minority ethnic background (2.7% of the total population)



People of Neath Port Talbot

- **Religion:** 58.9% population said they have a religion. Of those:
 - 57.7% (80,646 people) answered Christian
 - 0.4% (573 people) answered Muslim
 - 0.2% (312 people) answered Buddhist
 - 0.1% (144 people) answered Hindu
 - 0.1% (113 people) answered Sikh
 - 0.0% (39 people) answered Jewish
- **Languages:** 66 languages spoken in schools by 722/20,764 pupils (Bengali, Polish, Chinese, Arabic, Romanian, Tagalog, Thai, Urdu, Punjabi & Hungarian are 10 most widely spoken)



Neath Port Talbot Mind

- **People:** equivalent of 11 full-time staff
- **Offer:** tailored support, with adults & young people (11-18 years) 'pick & mixing' their choice of bi-lingual services
- **121 support:** information, advice and signposting, counselling, Active Monitoring, welfare rights advice & support
- **Groups:** bereavement & loss, anxiety & depression, perinatal, self-harm, OCD, managing difficult emotions, confidence building
- **Wellbeing & social activities:** mindfulness and relaxation, sow and grow gardening project, ecotherapy walking project, creative therapy sessions, yoga



NPT BME Community Association

- Represents the vision & voice of BME communities in NPT
- Agreed to work in partnership to explore & address mental & emotional health needs of BME communities
- Secured *Awards for All* funding for *Together* to:
 - co-host 6 community workshops for men, Syrian families, women, young people, people from Black African & Caribbean communities & council employees
 - co-write recommendations for service improvement for NPT Mind, as well as other local third & statutory services
 - co-produce social media content to promote mental health
- *Together* will contribute to AMHE agenda



Essential Ingredients

- **Approach:** strengths based partnership, relationships
- **Co-production:** vision, plan, promotion, delivery & reflection
- **Money:** sharing project finances 50/50
- **Flexibility of meetings:** recognising that people are differently positioned when arranging & attending (e.g. between work shifts or caring/family responsibilities, after school or as paid workers)
- **Flexibility of workshops/research:** C19 impacts, alternative means of data collection
- **Conversations:** frequency & content





Mental Wellbeing Workshop

Aged 18 - 24? Live, work or study in Neath Port Talbot?

We'd like to hear your thoughts and experiences of mental and emotional wellbeing so we can improve services and offer better support.

Join us for an online ZOOM chat. Wednesday January 26th 2022, 5 - 6.30pm

Email us to book - elinor@nptmind.org.uk

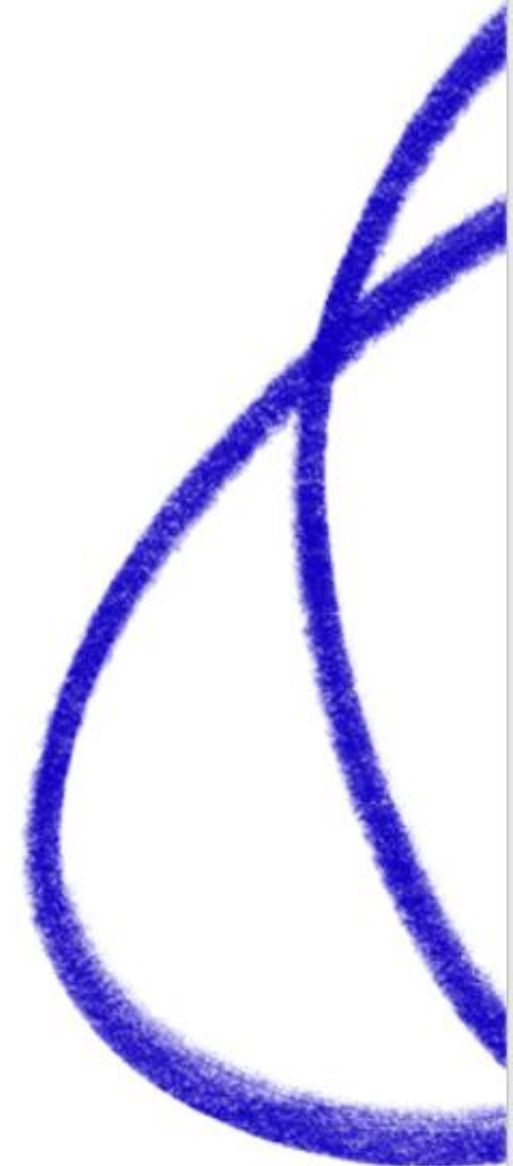
During the ZOOM chat we will ask questions like:

- How do you look after yourself?
- How does your community help?
- What challenges do you face?
- How can we help?

Please let us know by Monday 17th January if you'd like an interpreter for any language.

nptmind.org.uk

Registered charity no. 1076817



Challenges

- **Time & resources:** to facilitate programme of work
- **C19:** inhibiting face-to-face contact
- **Organisational cultures:** event management, health & safety, safeguarding, interpretation



Findings to date

- **Representation** (e.g. literature, promotion & staffing): is critical for engagement & developing trust
- **Terminology:** 'mental health' is too vague & can evoke fear & judgement
- **Pressures on mental health are wide ranging & multi-faceted:** work, family, finances, discrimination, loneliness, migration status
- Faith networks, community leaders & social activities are important sources of mental health support





This session today should have happened long time back, we need to talk & understand that mental health effects everyone not just white western people.

More discrete places for advice and help, not in the main road where everyone can see.

Regular sessions, informal open coffee morning where people are felt more comfortable talking in less formal settings.





Lack of information available in different languages to understand the mental health. Not many know the meaning of different terms such as anxiety, anxious, mild depression, low mood, PTSD, OSD etc.

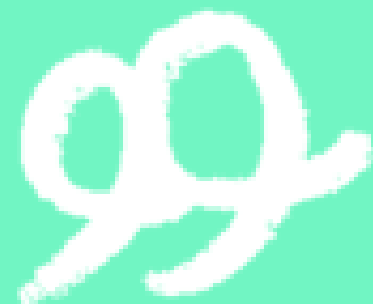
Leaflets in different language explaining how to identify different symptoms.





**BME Role Model to take lead, more BME
Counsellors, or workers in the mental health field so
we can relate to them.**

**A counsellor trained in anti-racism would have
helped me far sooner.**





Questions or comments?
tracey@nptmind.org.uk





Establishing your population needs...

*...in the absence of
any reliable data*

Introductions



**Dr Fatin Hussein M.B.Ch.B.,
FRCPsych**

Consultant in Community General
Adult Psychiatry

*Somerset NHS
Foundation Trust*

Lee Reed

Quality and Equality Officer

*NHS Somerset Clinical
Commissioning Group*

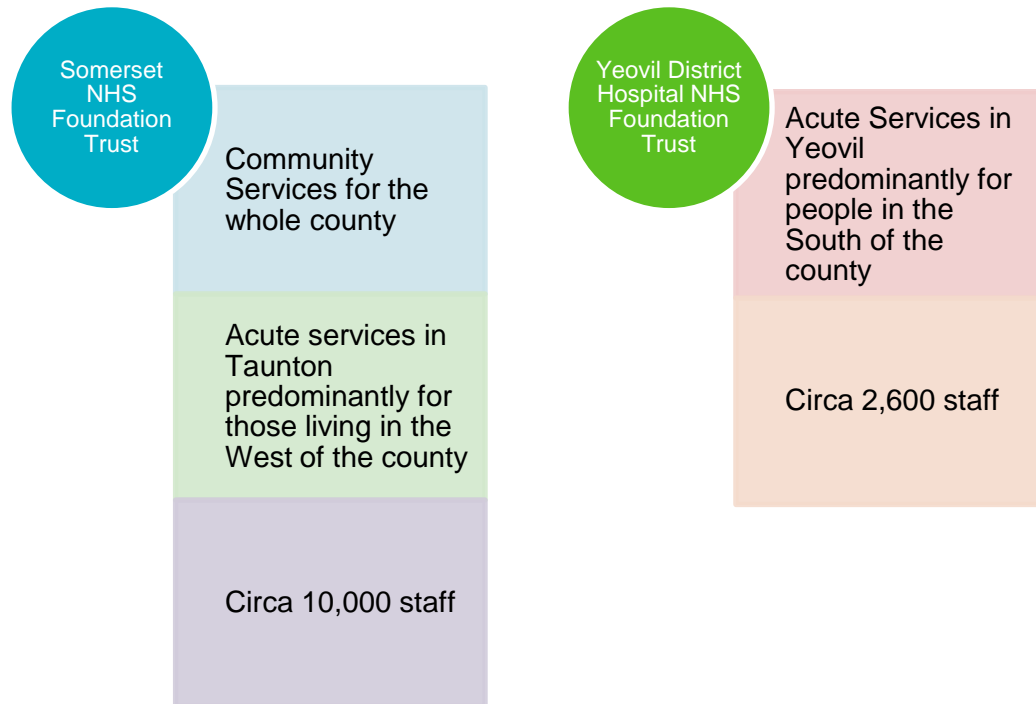


Overview of Somerset's “Advancing Mental Health Equality” (AMHE) project

Dr Fatin Hussein

About Somerset

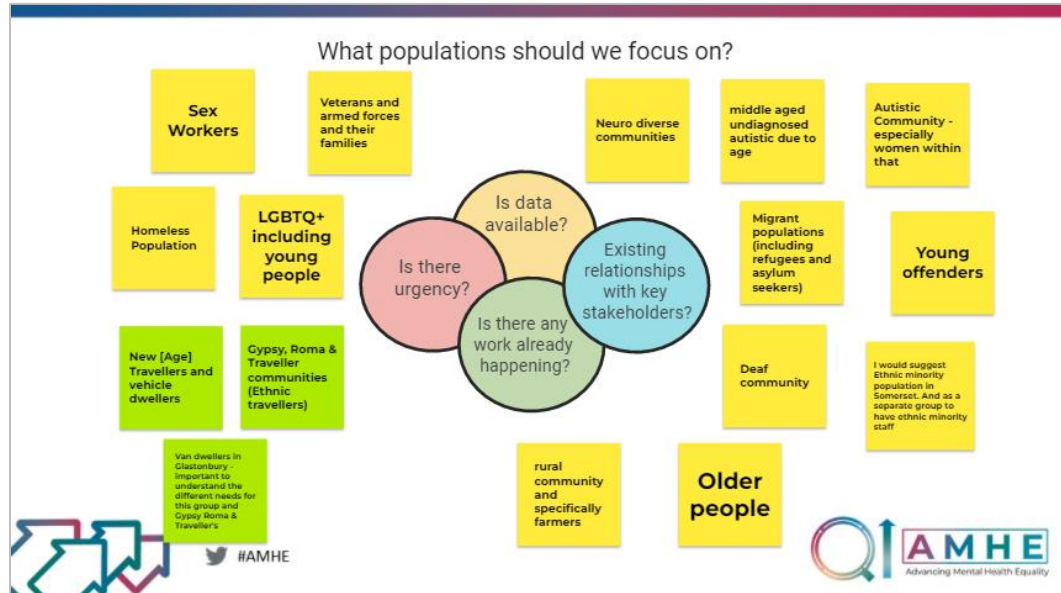
- Somerset's population was estimated in June 2019 to be 562,225
- 48% of people live in rural locations/settings
- The county has two NHS Foundation Trusts



Our journey so far

- Overarching project team meeting regularly (3 meetings so far)
 - Suggested populations for inclusion
 - Reviewed information for each population
 - Ranked and selected first population to focus on

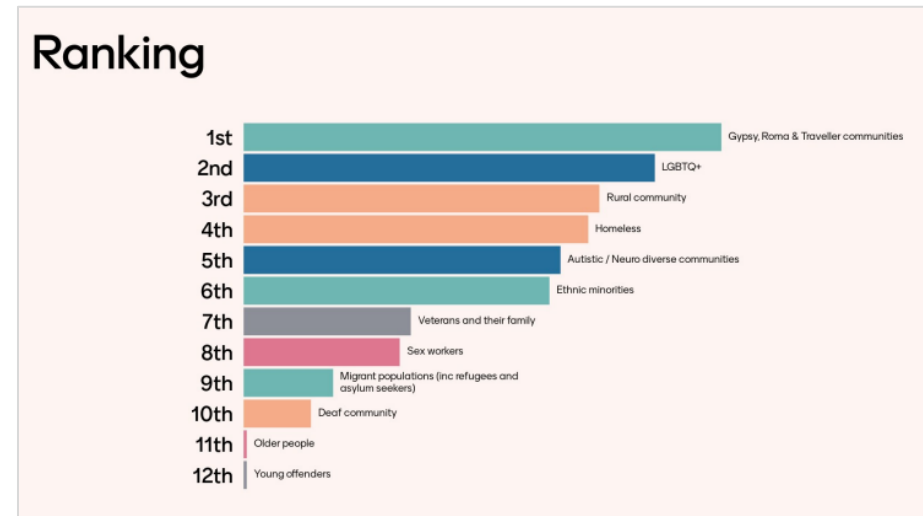
Our journey so far



Gypsy, Roma & Traveller communities

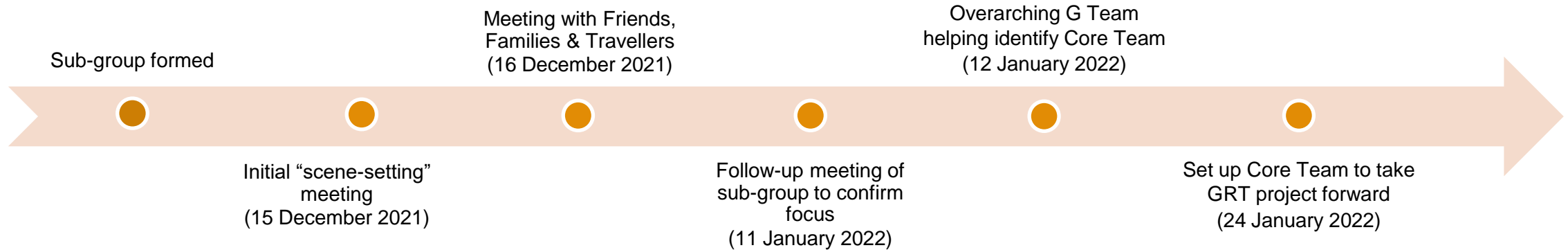
<p>Is there will & urgency?</p> <p>Appear to access urgent care facilities (ie Crisis Services) more than earlier intervention</p> <p>Like many communities there is a big stigma and taboo around mental health</p> <p>https://times.com/200753462-worsh-a-watch</p> <p>I think there will be some real learning that will come out of having this as a specific population</p> <p>Provision of care (in all settings) is often thwarted by enforcement action</p>	<p>Is there work already happening?</p> <p>there has been some initial reaching out to this population group</p> <p>There is signposting being undertaken in respect of mental health services but these tend to land better when they are CRT run services rather than NHS.</p> <p>I'm not aware of any engagement already but have attempted in previous geographical areas (in Cambridgeshire) and this was extremely challenging - trust being a very big issue</p> <p>Trust of authorities is an issue with outreach. Over time, this can be overcome however, particularly with more mobile folk/mobility, this can be difficult, but not unachievable.</p> <p>There is a lot of work happening and I seem very positive. Do we have data? I am not sure. I think we need definitive aims to work to</p>	<p>Is data available?</p> <p>There is no reliable data around ethnic travellers</p> <p>NHS Data Dictionary only just updated to include CRT as an ethnicity which makes the numbers look lower than they are.</p> <p>I am not aware of data - but suspect that there will be some?</p> <p>People might choose not to identify as CRT on forms due to fear of discrimination or less favourable treatment.</p> <p>There is a carson count every couple of years but this is just tollers rather than the number of people.</p>	<p>Existing relationships with key stakeholders?</p> <p>Gypsy Liaison Service</p> <p>Gypsy, Roma & Traveller Working Group (Multi-agency)</p> <p>Health outreach on unauthorised sites</p> <p>possibly with OMH</p>
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Our journey so far

First population selected: Gypsy, Roma and Traveller (GRT) community



Somerset NHS Foundation Trust	NHS Somerset Clinical Commissioning Group	Somerset County Council	Other organisations
<ul style="list-style-type: none"> • Consultant Psychiatrist • Community Mental Health Team (Mendip) • Expert by experience 	<ul style="list-style-type: none"> • Assistant Contracts Manager for Mental Health • Mental Health Commissioner • Quality Lead for Mental Health • Quality & Equality Officer 	<ul style="list-style-type: none"> • Gypsy Liaison Officer 	<ul style="list-style-type: none"> • Friends, Families and Travellers (FFT) • Traveller Pride • Healthwatch Somerset

Understanding the local population

Lee Reed

Data challenges

NHS Data Dictionary

- Ethnicity codes do not include Gypsy, Roma or Traveller (GRT)
- Based on the lists used in 2001 Census

Office of National Statistics

- Most recent population data is from 2011 Census
- Limited studies in the UK around GRT populations

Local NHS systems

- Inconsistent inclusion of GRT as a distinct ethnic group across providers

Non-disclosure

- Fear of discrimination, less favourable treatment and/or judgement

Some attempts

Caravan count

- Not an exact science
- Reasonably out of date (July 2016 for Somerset)
- Does not give health-related information

Section 136 forms

- Avon & Somerset Police's form has ethnicity but is free-text rather than options

So what is available?

Government studies and surveys

- The UK government undertakes some studies of GRT communities but is very limited
- The Republic of Ireland are much better and their studies include Northern Ireland, and also provide specific mental health summaries

Local knowledge

- Somerset Gypsy Liaison and Health outreach work
- Local community “leaders”

Voluntary and community sector organisations

- Friends, Families and Travellers (FFT)
- Traveller Pride

Population locations

733 (0.14%) people in Somerset identified as 'Gypsy or Traveller' on the 2011 Census



The darker areas highlight the higher proportions of GRT communities

What we have learned so far...

- Travelling communities experience a 6.6 times higher rate of suicide compared to non-travelling communities
 - When disaggregated by gender and age, this is 7 times higher for men (particularly 15-25 year olds) and 6 times higher for women
- Adult men tend to access MH services at crisis point (S136)
- Limited access to preventative measures that are considered to be appropriate
- Closed community which requires the need to build trust and use existing community links
- Patriarchal society, if get it right for men, likely to have a positive impact on wider community

Area of focus identified: Male adults (in the Frome area)

Next steps

- Core GRT subgroup team composition – to finalise
- Core GRT subgroup team meeting in February 2022 – to review membership, community assets etc
- Engage with community and supporting services (via existing community link) to further understand needs of GRT population and identify service user representatives for project team
- Questionnaire – SFT staff (HTT, DD etc), other professionals
- Mapping assets

Question time!



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People with autism, people who are homeless or at risk of homelessness, ex offenders

Southern Health

People experiencing psychosis, socio-economic status, ethnicity, use of interpreting service, homelessness



What are you taking away from today?

Go to www.menti.com and enter the code below
(we will also share a link in the chat)

9534 9440

or scan the QR code shown here



 #AMHE





Next steps

Tom Ayers

NATIONAL
COLLABORATING
CENTRE FOR
MENTAL HEALTH





Thank you for attending this Advancing Mental Health Equality learning set.

To complete a brief feedback form please click [here](#)

