

Mental Health Services For Black And Minority Ethnic Groups: Making Change Happen

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Moving Forward

Ethnicity And Mental Health

- 'Race' and culture within mental health
- How do we understand the experience of black and minority ethnic groups?
- Implementing the NSF in a multicultural society
- The way forward

Ethnicity And Mental Health

History and context

- Psychiatry and race science
- Role of psychological sciences in colonialism, slavery
- Social construction of 'race' and racial differences

Ethnicity And Mental Health

History and context

- Representation of 'race' within contemporary psychiatric practice
- South Asian and African Caribbean experience
- Too much or too little

Ethnicity And Mental Health

- Over and under representation
- Pathway to psychiatric care
- Trajectories of care
- Diagnosis and misdiagnosis
- Physical and psychological treatments
- Coercion and control

Ethnicity And Mental Health

□ Community care

- Disengagement
- Poor outcome
- Lack of 'after' care
- Community despair

Ethnicity And Mental Health

- Contradiction between cure and custody
- Psychiatry and social control
- Aliens and alienists
- New scientific racism

Ethnicity And Mental Health

- NSF for all!
- Consultation with few!
- Implementation from the 'top'
- Snow white and the seven dwarves

Ethnicity And Mental Health

- What does the NSF offer black and minority ethnic groups?
- Panacea for all the ills
- Promises but no pledges!
- More talk but little change

NSF For All!

- National plan
- Primary care mental health services
- Home treatment and alternatives to hospitals
- Assertive outreach and early intervention

NSF For All!

- The second generation services
- De-institutionalisation
- Pact

NSF And Ethnicity

- Problems with access and institutional practices
- Disaffiliation, disengagement and lack of involvement
- Home treatment
- Assertive outreach
- Early intervention
- PACT models

NSF And Ethnicity

- Evidence so far....
- Home treatment more acceptable to ethnic minority groups.
- Greater family and community engagement and satisfaction.
- Joint working with community agencies.
- Changes in staff attitude.

NSF And Ethnicity

- Evidence so far.....
- Black and Asian people still more likely to follow aversive pathways into care.
- AOT shows disproportionate numbers of black people.
- AOT experienced as coercive: ‘psychiatric policing.’
- No impact on forensic psychiatry.

Beyond the NSF

- ✓ Ensuring *form* while improving *content*
- ✓ Strategies of engagement and improving clinical practice
- ✓ More black and Asian staff (and managers!)
- ✓ Training in cultural competencies and awareness
- ✓ Community development

Institutional Racism

- Stokley Carmichael
- William Macpherson of Cluny

Institutional Racism

- Pervasive racist attitudes and practices
- Assumptions based on racial differences
- Practices and procedures which are discriminatory in outcome if not in intent
- Tolerance or acceptance of such differences

Challenging Racism

- The Race Relations Amendment Act and the Human Rights convention
- Accountability within services:
Modernising the NHS
- Clinical Governance
- Commission for Health Improvement
- Increasing visibility of minority groups

The Way Forward

- ✓ A national strategy for black and minority mental health
- ✓ Targets for outcome
- ✓ Training and recruitment
- ✓ Ownership and accountability
- ✓ Developing diverse services
- ✓ Networks of support