

Tackling ethnic inequalities in mental health

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Mental illness closely associated with many forms of inequalities

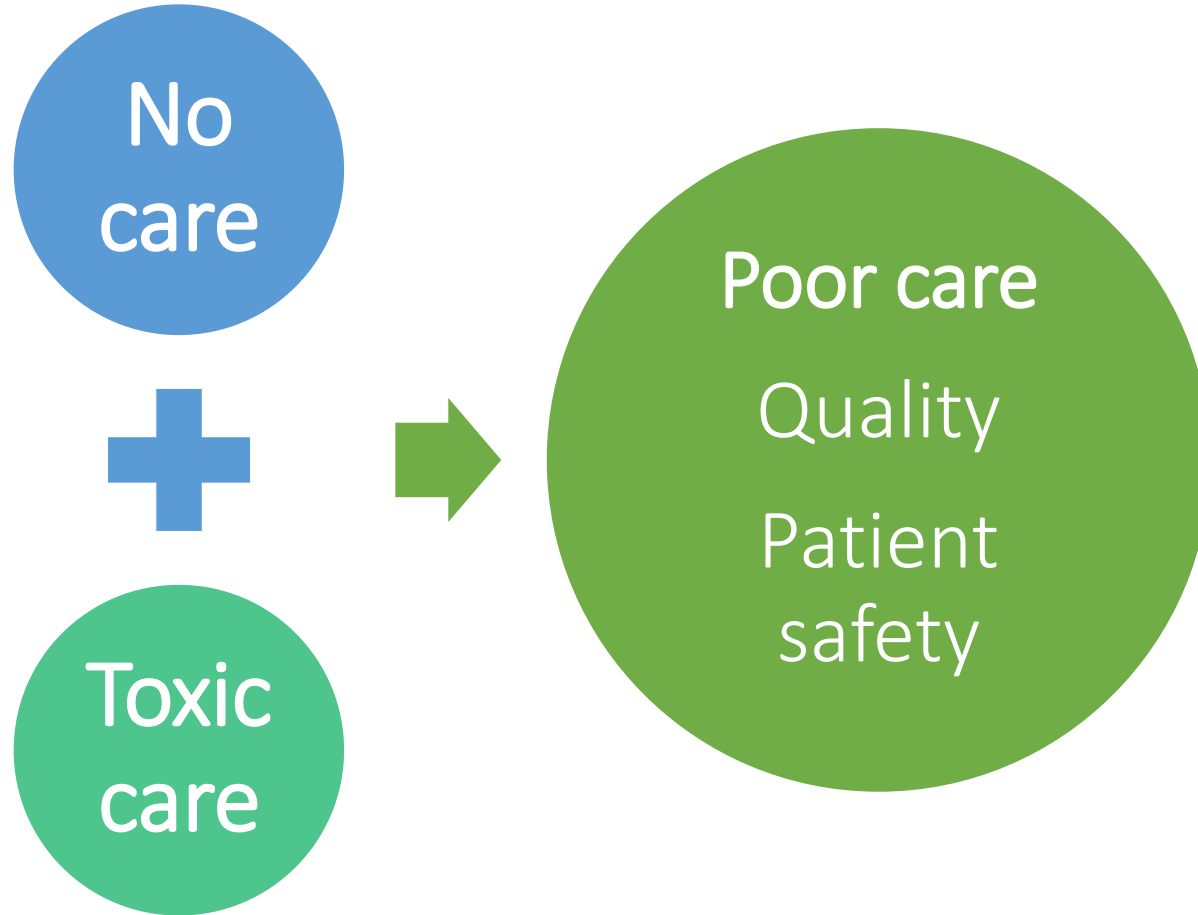
- social and environmental determinants of poor health, including poverty, unemployment, homelessness and incarceration
 - stigma, discrimination, social isolation and exclusion
 - Increased risk of physical ill health and premature mortality
 - lack of support to access health and preventative care
- + minority status /discrimination / racism / trauma /
-



Ethnic inequalities in mental health

- Ethnic disparities
 - Access
 - Experience
 - Outcomes
 - Across all BME groups compared to white people
 - Across all aspects of mental health care
 - Across the country
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BME mental health care





Ethnicity and Mental Health Improvement Project (EMHIP)

- Specific objective: to reduce ethnic inequalities in access, experience and outcome of mental health care
 - practical, locality-based, whole system change: inside / outside
 - co-designed with service users and local BME communities
 - based on established evidence
 - building on existing community assets
-

EMHIP: From evidence to interventions

1

Identify the **key themes**

- Knowledge
- Evidence
- Engagement with local stakeholders

2

Identify the **areas for change**

- Overview of MH Services
- Overview of Community Assets
- Critical points of ethnic inequality in the care pathway

3

Identify the **high impact interventions**

- Fit-for-purpose
- Deliverable in the local context



Five Key Interventions

1. Establish Mental Health and Wellbeing Hubs with Community Embedded MH Workers
 2. Increase BME service options
 - Crisis residential alternatives: Crisis House and Crisis Family Placement
 - Enhanced support for people with SMI: Community partnerships
 - BME specific Assertive Community Treatment Team
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Five Key Interventions

3. Reduce restrictive/coercive practices

- Inclusive and shared decision-making
- Eliminating the use of restraint & seclusion

4. Enhance inpatient care

- Community involvement in inpatient care
- Cultural mediation

5. Ensure Culturally Capable Workforce

EMHIP – Key Interventions (mental health care pathway)



1
Early Detection High Impact Interventions:
Mental Health & Wellbeing Hubs
Community Mental Health Workers

Community



2
Prevention and Personalisation High Impact Interventions:
Crisis House
Crisis Family Placements
Enhanced support for people with SMI: Community partnerships
Assertive Community Treatment

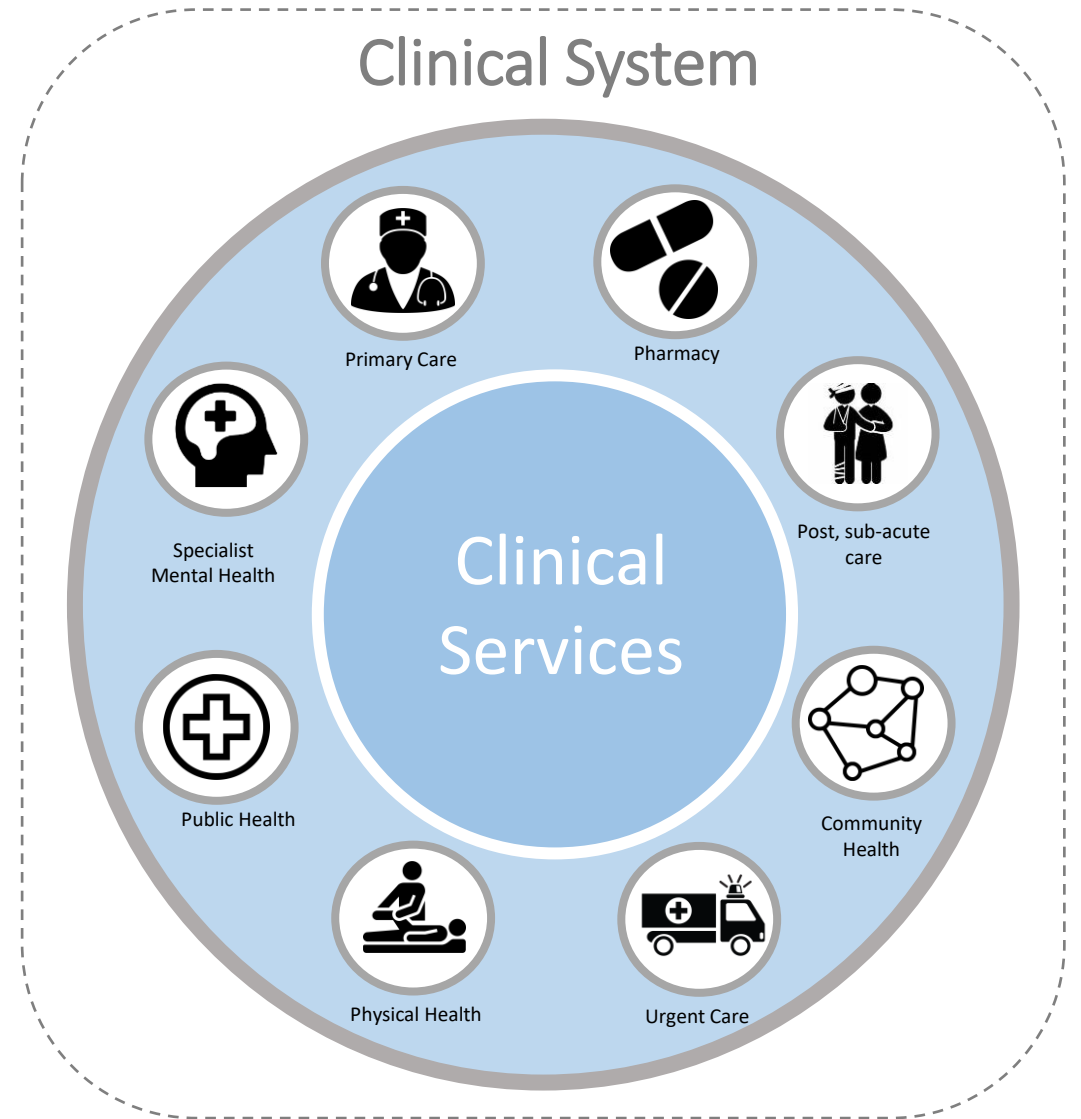
Pre Hospital



3
Inpatient Care High Impact Interventions
Inclusive and shared decision-making
Eliminating the use of Restraint & Control
Community involvement in inpatient care
Cultural meditation
Ensure culturally capable workforce

Hospital

The current system is fragmented and results in inequalities



MH & WB Hub: an integrated community & clinical ecosystem

