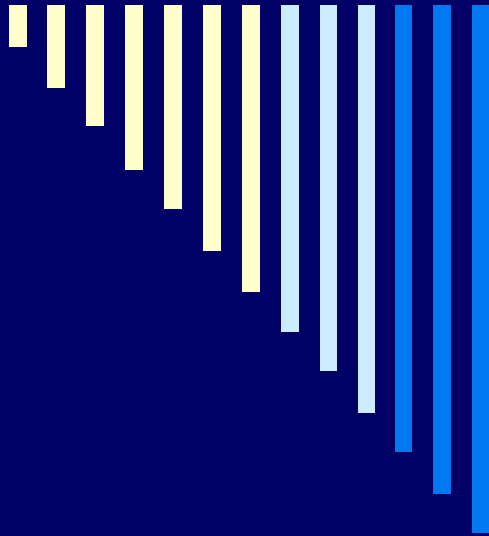




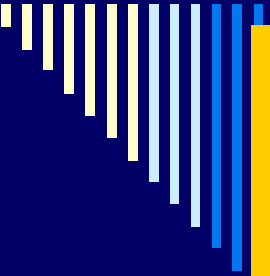
BOCA Health Seminar

Sunday 17th April 2011

MENTAL HEALTH PRESENTATION

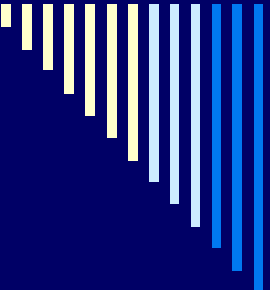
By

HARRY CUMBERBATCH



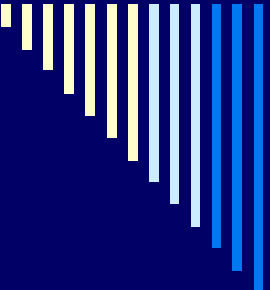
INTRODUCTION

- ☐ **Introductions.**
- ☐ **Learning Outcomes**
- ☐ **Ground rules**



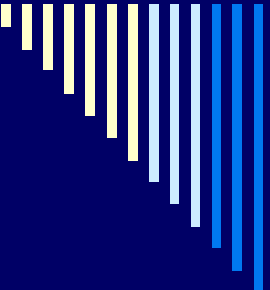
PRESENTATION

- ☐ Overview of mental health and mental illness.
- ☐ African and Caribbean over representation in the mental health system. (The social context of diagnosis).
- ☐ Share your thoughts and feelings on the stigma in mental illness in small groups.
- ☐ Feedback + working with THACMHO
- ☐ BME reports & Information on services.
- ☐ Questions.
- ☐ Summary and take away message.



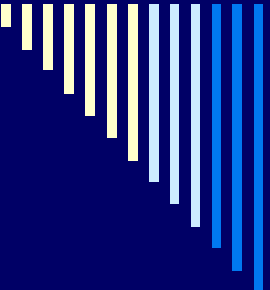
Mental Illness and Mental Health

- ☐ Definitions
- ☐ Causes
- ☐ Prevalence
- ☐ Factors that influence mental health
- ☐ Treatment
- ☐ Services
- ☐ The Law
- ☐ Service users Rights



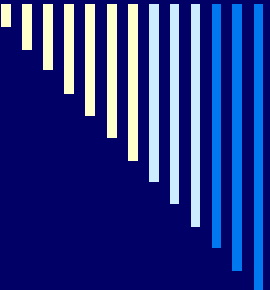
What is Mental Health?

- Mental health refers to how we think, feel and behave. Your mental health can affect your daily life, relationships and even your physical health. Mental health also includes a person's ability to enjoy life.
- According to the WHO (World Health Organization), mental health is "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community".



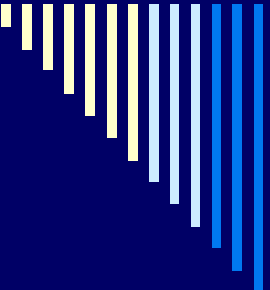
What Is Mental Illness?

- The World Health Organisation defines Mental Illness as: “a term used by Doctors and other health professional to describe clinically recognisable patterns of psychological symptoms of behaviour causing acute or chronic ill health, personal distress or distress to others.”
- Mental illness can cause major changes in a person’s thinking, emotional state and behaviour, and can disrupt an individual’s ability to work and carry on their usual personal relationships.



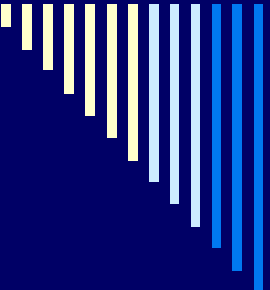
Mental Illness – Prevalence

- One in four adults during their lifetime
- 12.6% adult population at any one time
- In the UK, 1.7 million adults with mental illness care for 2.5 million children (3.8% of all parents, 30% of mentally ill adults)



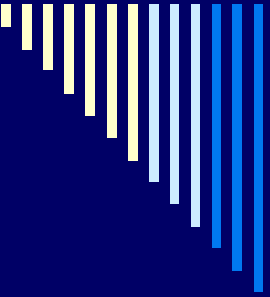
Categories of Mental Illness:

- ☐ *Neurotic or Anxiety Disorder*
- ☐ *Psychotic or Mood Disorders*
- ☐ *Organic Disorders - Dementia*
- ☐ *Personality Disorders*



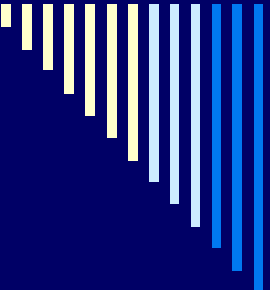
Factors which effects individual mental illness

- ☐ Biological e.g. Chemical brain imbalance
- ☐ Genetic
- ☐ Psychological
- ☐ Environmental



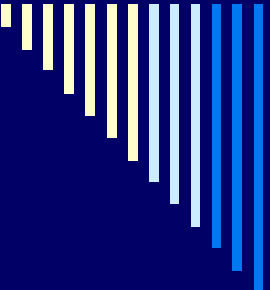
Treatment and Support

- ☐ Antipsychotics, atypical antipsychotics medication
- ☐ Psychosocial interventions
- ☐ Family interventions
- ☐ Recreational intervention
- ☐ Social inclusion interventions



Services

- ☐ **NHS:**
 - Primary care- e.g. GP**
 - Secondary Care e.g. Psychiatric hospital and Community based mental health teams**
 - Children and Adolescent Mental Health services e.g. psychiatric hospital and community services**
- ☐ **Voluntary Sector:**
 - Social Care Support e.g. Day centres advocacy services**
- ☐ **Service User led programmes**



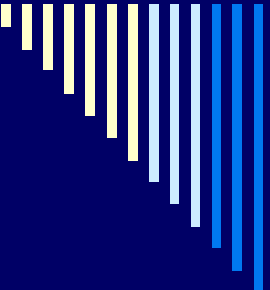
The Law

- There are two laws in England and Wales that are relevant to the treatment of people with mental illness.

They are:

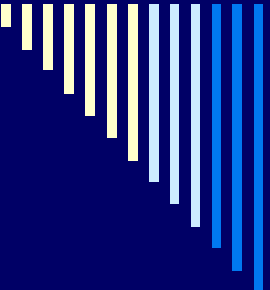
- The Mental Health Act 1983
- The Mental Capacity Act 2005

They were both amended by the Mental Health Act 2007



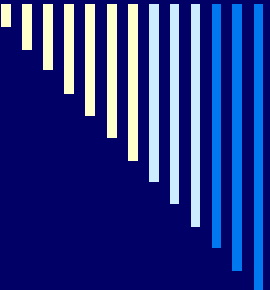
Mental Health Act

- The Mental Health Act is the law that allows people with a 'mental disorder' to be admitted and treated in hospital without their consent – either for their own health and safety, or for the protection of other people.



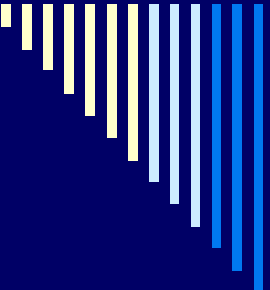
Mental Health Capacity Act

- The Mental Capacity Act gives a legal way of making a wide range of decisions on behalf of someone aged over 16 when they are unable to make a decision for themselves because they 'lack capacity'. The law defines what 'lacking capacity' is and says what checks must be made to prove someone is lacking capacity at any one time



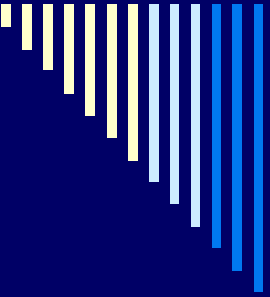
Mental Health Act -2007

- The Mental Health Act 2007 introduced the Community Treatment Order which allows mental health services to give treatment to somebody without their consent if it is proven that an individual lacks capacity at a particular time, and that the treatment is in their 'best interests'.
- These Acts are reviewed and regulated by the **Care Quality Commission**
-



Rights to Receive and Refuse treatment

- Advance directives and advance statements are important mechanisms for safeguarding and promoting a patient's interests and health.
- An advance directive is binding under common law. However in most cases, an advance directive can be over-ridden if the person is subject to compulsory treatment under the Mental Health Act 1983.



Misdiagnosis and overrepresentation.

looking at how wider social factors
and the values of practitioners
influence mental health diagnosis

1851 Dr Samuel Cartwright Mental health problems of Enslaved Africans

Discovery of two mental diseases peculiar to Black people.

“Drapetomania” &
*“Dysaesthesia
“aethiopica”*

The ‘disease’.

The diagnosable signs

The ‘treatment’



Post Emancipation Mental Health Problems of Slaves.

Dr Cartwright - Dr T Powel

Negro liberty

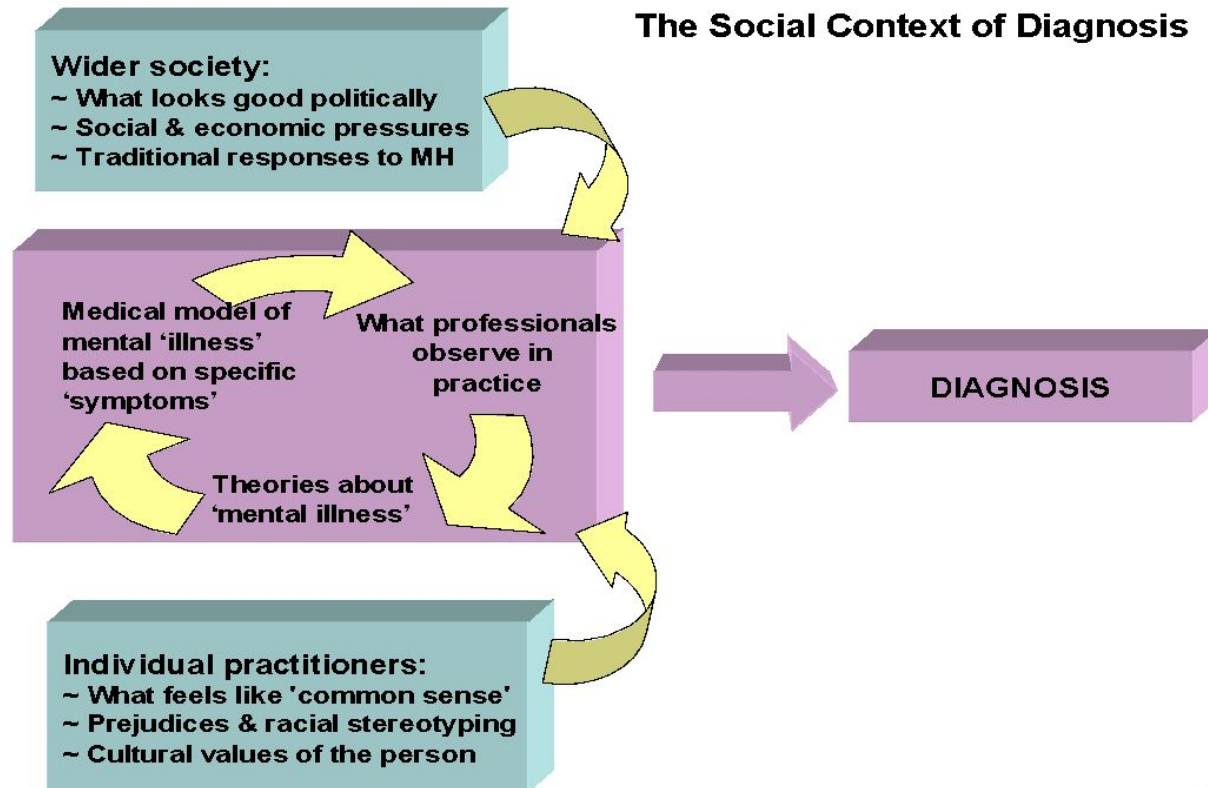
Protective factors
against 'mental
illnesses.

Freedom

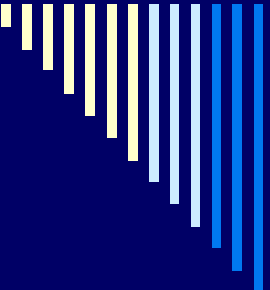
Photo Harriet Tubman
(The underground railway)



The Social Context of Diagnosis



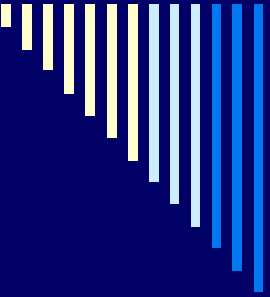
Based on a diagram by Suman Fernando



Groups

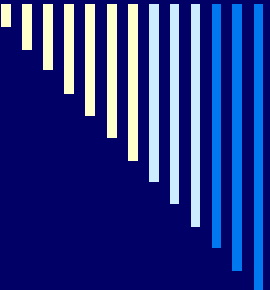
Share your thoughts and feeling on stigma in mental illness and what can be done to change it.

Definition by Rethink charity: Stigma is something judged by others as a sign of disgrace and something that sets a person apart from others.



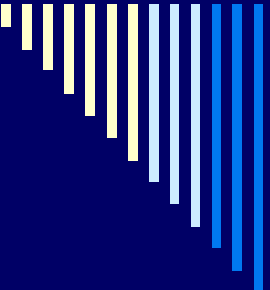
Working in mental health

- ☐ Consultancy work
- ☐ Health through History project.
- ☐ Associate mental health manager



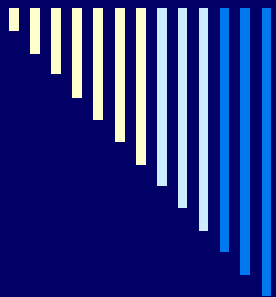
Reports & information

- ☐ Tackling the mental health of ethnic minority of ethnic minority men
- ☐ Count me in 2010
- ☐ Results of the 2010 national census of inpatients and patients on supervised community treatment in mental health and learning disability services in England and Wales
- ☐ Information on local Services



Take Home Message

- LET US IMPROVE OUR
PHYSICAL, SPIRITUAL AND
MENTAL HEALTH TODAY.
OUR HEALTH IS OUR WEALTH



**THANK
YOU**

