

# BME

## Mental Health And Community Development

*Promoting Positive Mental Health in the Lancaster  
District*



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## Signposts

Signposts is an organisation that  
*"works to empower the community"*  
by developing and delivering a range of targeted services  
that are accessible and affordable to everyone.  
The services we develop aim to address the needs of the  
most disadvantaged and hard to reach people within their  
communities.  
The projects we deliver are diverse and creative.



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Signposts has been commissioned by North Lancashire Primary Care Trust to host the following post, this is 1 of 500 post to be developed nationally.

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## Community Development Worker

The Community Development Worker (CDW) has a strategic role rather than being a support link worker whose focus is concentrated on the individual service user. The CDW will facilitate a programme of action founded on the 3 building blocks identified in DRE action plan and will work towards the 12 key characteristics of change.



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## 3 Building Blocks

- ✓ more appropriate and responsive services
- ✓ community engagement
- ✓ better information



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## 12 Characteristics of change

1. Reduce the fear of mental health care and services among BME communities and BME service users.
2. Increased satisfaction with services
3. A reduction in the disproportionate rate of admission of people from BME communities to psychiatric inpatient units
4. A reduction in the disproportionate rates of compulsory detention of BME users in inpatient units.



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5. Fewer violent incidents that are secondary to inadequate treatment of mental illness
6. A reduction in the use of seclusion in BME groups
7. The prevention of deaths in mental health services following physical intervention
8. An increase in the proportion of BME service users who feel they have recovered from their illness
9. A reduction in the proportion of prisoners from BME communities



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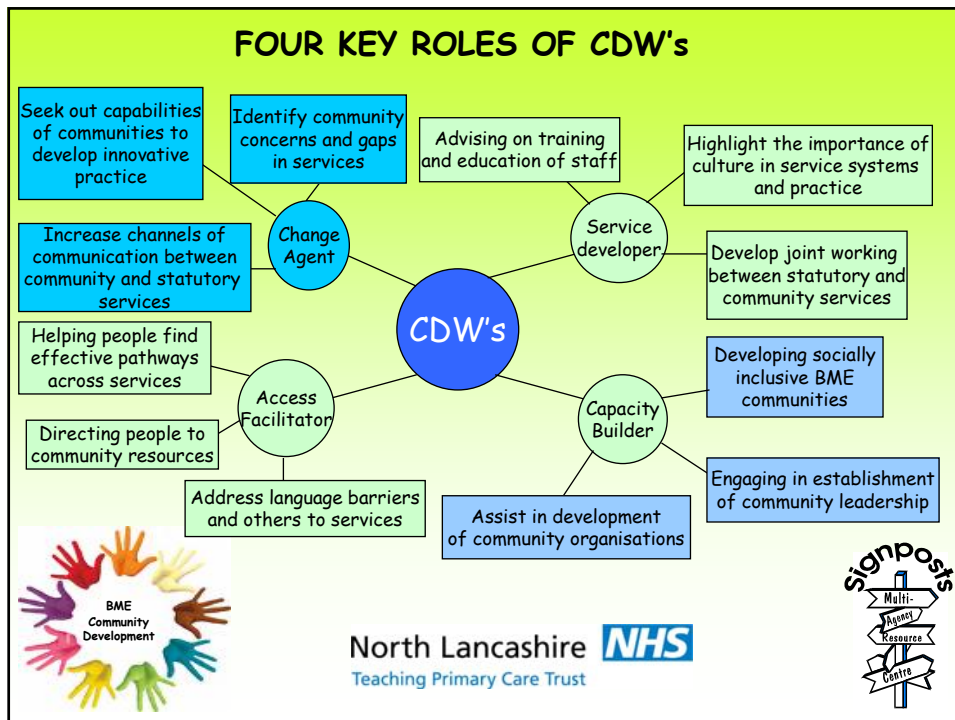


10. A more balanced range of effective therapies such as peer support services, psychotherapeutic and counselling treatments along with pharmacological interventions that are culturally appropriate and effective
11. A more active role for BME communities and BME service users in the training of professionals, in the development of mental health policy, and in the planning and provision of services
12. A workforce and organisation capable of delivering appropriate and responsive mental health services to the BME communities



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- ### More appropriate and responsive services
1. Involve members of targeted communities in research and consultation
  2. Encourage and support individuals to feed-back to service providers
  3. Evaluate resulting action and feed the information back to the community
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## Increased community engagement

- Engage individuals and groups
- Recruit and train volunteers and service users from targeted communities
- Ensure and support community representation at different levels
- Audit existing forums to ensure they are accessible to diverse needs



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## Better quality information, more intelligently used

- Collate and evaluate relevant information
- Provide a central access point, e.g. Signposts website
- Circulate as widely as possible
  - Electronically
  - Newsletter



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## Ways to get involved

- Steering Group
- Affiliate scheme
- Focus groups
- Become a volunteer



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## Thank you for taking the time to listen to me

If you would like more information or would  
like to get involved please contact:

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# ANY QUESTIONS



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