

Better Mental Health Project for BME Elders Project

Outline of the Training Programme

The training programme comprises three stages.

Stage One: Referral Pathways for Depression and Dementia

Key professionals from NHS organisations (i.e. PCTs and CMHTs) have been recruited to deliver training on the local referral pathways of depression and dementia to local BME voluntary sector organisations that deliver associated mental health services to BME elders with depression and dementia. These organisations include those that deliver low-intensity support such as self-help, advocacy and information, advice and support as well as high-intensity therapies such as counselling.

Stage Two: Cultural Competency Training

The training sessions focus on the cultural and faith needs of the following communities:

- South Asian
 - Pakistani Muslim
 - Indian Sikh
 - Indian Hindu
 - Bangladeshi
- African Caribbean and West Indian
- Chinese

The training will be delivered by members of the community (who have knowledge of the mental health sector and the needs of BME elders) from the specific community.

The content of the individual training sessions is being developed in conjunction with local, regional and national voluntary sector organisations that deliver mental health services (particularly depression and dementia) to BME elders.

The sessions within the training programme include raising awareness of cultural and faith needs as well as issues to consider at the stages of 'consultation', 'assessment' and 'care' pathway of elders with depression or dementia.

In the first instance, the training focuses on raising the awareness of professionals working in the mental health care sectors: statutory and voluntary.

Stage Three: Training BME Elders

The third stage of the training programme relies on PRIAE trainers supporting nominated staff within the PCTs and voluntary sector organisations (who have accessed the Stage One and Two training) – to support and train motivated BME elders on the care pathways, resources available and local information points for depression and dementia.

The BME elders will become informal advocates for their peers, friends and colleagues in their informal networks. This process will ensure that:

- it is a whole systems approach and integrated/joined up thinking across providers from the NHS and voluntary sector
- the BME elders are linked to a particular NHS/Voluntary sector mentor
- the mentor is able to feedback learning from the BME elders into the appropriate networks that will inform developments
- the nominated persons from the NHS and Voluntary sector will work together to improve services for BME elders

It is anticipated the training programme will develop the capacity and confidence of the BME mental health and social care community by using well-developed and recognised models of community engagement.

Why is this training important?

The Project develops a good climate in mental health work as well as creates investment in the abilities and capacities of people and community-based organisations. Moreover, it is envisaged the training will enable mental health care professionals and practitioners to have a better understanding of the different mental health service needs of BME communities.

If you want to find out more about the Better Mental Health Project for BME Elders, please contact Yolande Watson on 0113 285 5990 or via e-mail on ywatson@priae.org.

To become a partner of the Project, please complete the brief questionnaire on PRIAE's website on <http://www.priae.org/bettermentalhealth.htm>