



Hammersmith,  
Fulham, Ealing  
and Hounslow

# **Addressing Children & Young Peoples Mental Health inequalities:** Delivering accessible and culturally responsive services at MIND (Hammersmith, Fulham, Ealing & Hounslow)

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### **Mind** (National)

Mind is a leading mental health charity in England and Wales that provides advice and support to empower anyone experiencing a mental health problem.

We campaign to improve services, raise awareness and promote understanding.

### **Mind** (Hammersmith, Fulham, Ealing, and Hounslow)

Local Minds provide help and support **directly to those who need it most.** There's a network of around 125 local Minds across England and Wales that offer specialised support.

Each local Mind is unique. We understand the needs of our community and tailor our services to match. Services include **talking therapies, peer support, advocacy, crisis care, employment and housing support.**



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# **MIND (HFEH) - Education Inclusion Pilot Programme**



# Aims

- The education inclusion programme provides support addressing social inequalities and traumatic experiences of Children and Young People

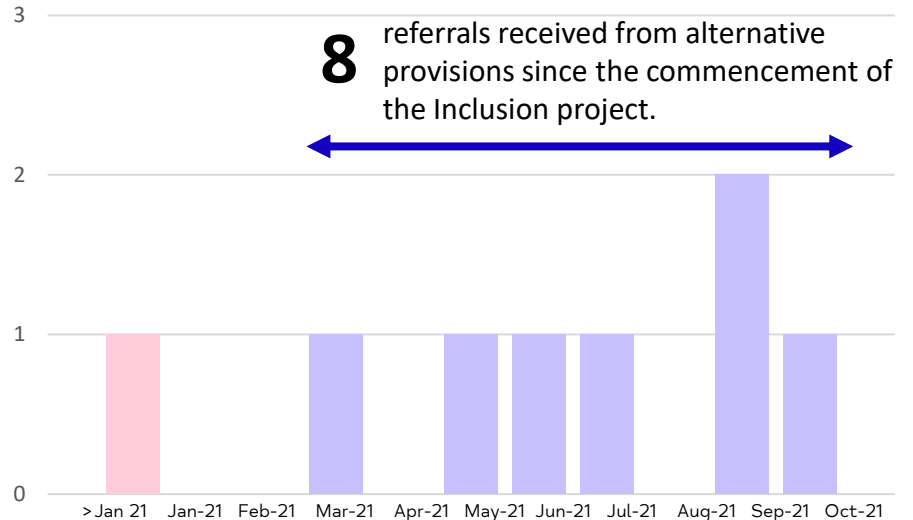
27

students at risk of school exclusion participated in the Education Inclusion Programme between April and July 2021.

96%

overall impact using a trauma informed approach intervention for CYP's

## Referrals from Alternative Provisions





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# South Asian Community Project

## Chai & Chat



# Research



Higher prevalence of eating disorders among young SA women

Depression is the most common mental illness in SAs in UK

Indian people were the least likely to use mental health services (GOV, 2019)

Taboo: most hide it due to shame and reputation

Young British Muslims:  
32% suicidal thoughts  
52% depression  
63% anxiety

80% of Sikh women & 68% of Sikh men know someone in the community with poor mental health

Fear of professionals being judgemental, making assumptions, not understanding their cultural values and religious beliefs

# Aims

- To reduce the **stigma** in South Asian communities
- **Educate** about the impact of mental health on children academically, socially, mentally and physically through psychoeducation
- Increase **referrals** to the service
- Increase **parental engagement** within the schools with a high population of children and young people from South Asian backgrounds



# How we will achieve our aims

- HFEH Mind Staff Focus Group which was completed in July 21
- Engage parents within the school, including a small focus group
- To roll out a **Chai & Chat** psychoeducation workshop programme for parents in the new academic year
- One off workshop first followed by a 4-week programme – focusing on the the impact that mental health has on children academically, socially, mentally and physically
- Focusing on 2 schools with highest population of children from South Asian backgrounds



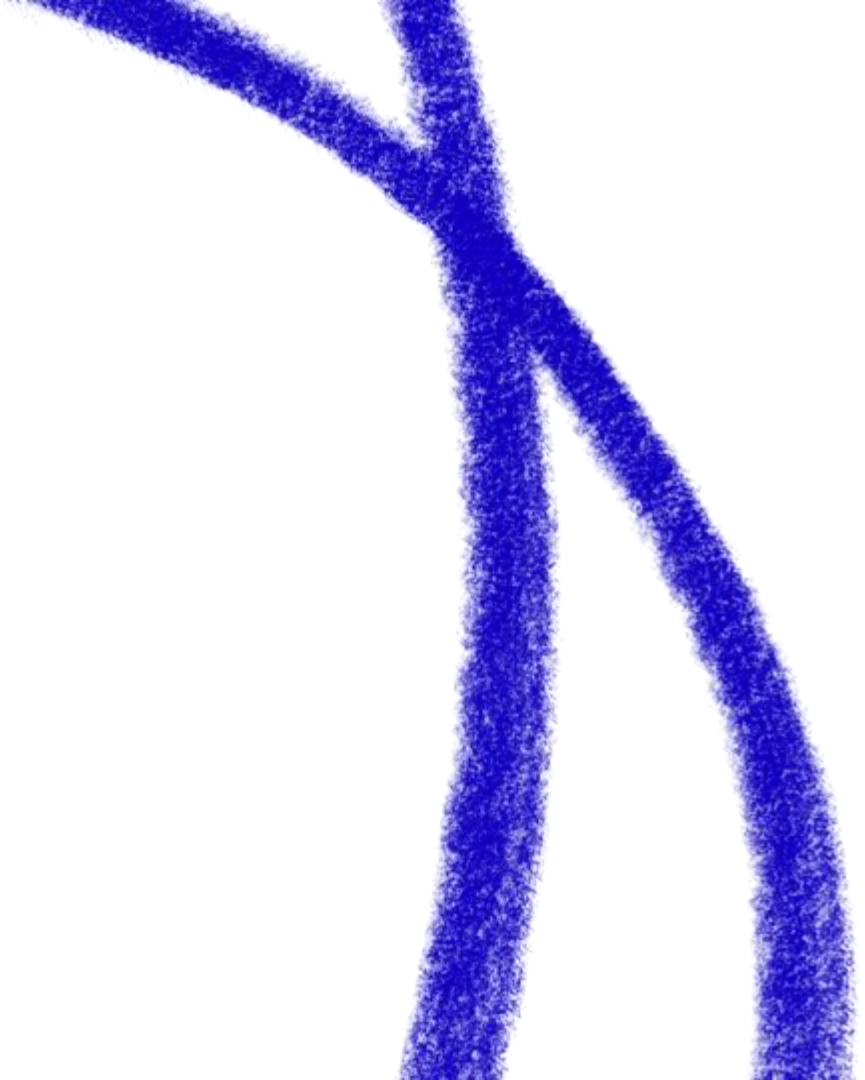




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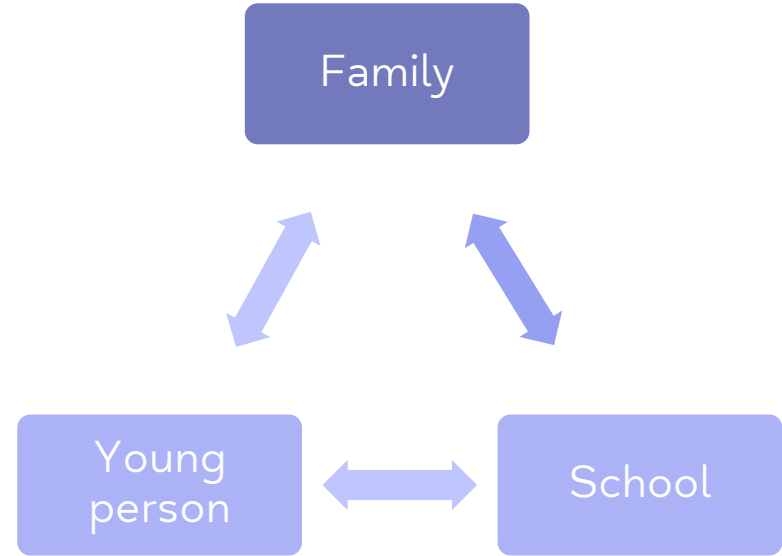
# Black Boy's Project

\*\*Project name to be confirmed by Service User group



# Young Black Boys Project

- African and Caribbean boys are less likely to engage with mental health services.
- The risk of psychosis in African-Caribbean groups is estimated to be nearly seven times higher than in the White population.
- At the age of 11, black boys do not have poorer mental health than others of their age.



# Focus Group & Next Steps

The risk of accessing support outweighs the benefits e.g. uncertainty of confidentiality and anonymity

Mental health does not exist in some cultures. Some families “pray it away”

A practitioner who can relate to them: race and age

Expressing emotions due to the societal pressure of “being a man”

Most boys agreed that people tend to access support when it’s “too late”

Speak to someone new

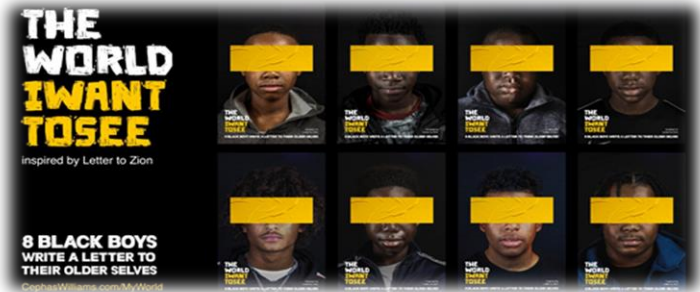
## Next Steps

Step 1

- Young People to support in hiring a mentor (\*\*currently in progress)

Step 2

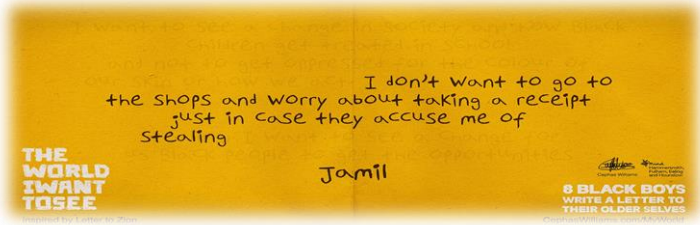
- Conduct a culturally responsive CBT based intervention pilot study



## One year on from the murder of George Floyd, 8 Black Boys write an open letter to their older selves detailing the world they want to see

HFEH Mind and Cephias Williams worked in partnership to develop 'The World I Want to See Campaign'

'The World I Want to See' is a collection of letters from, and portraits of Black boys in London published one year on from the murder of George Floyd. Inspired by 'Letter to Zion'; 'The World I Want To See' has been designed to put the pen in the hands of Black boys through a series of workshops. In 2020, Cephias wrote 'Letter to Zion', a public letter to his son who was born during the George Floyd protests, expressing his hopes and dreams for his son's future. His letter and the image of him holding his son, has since been featured on billboards across the country.



'The World I Want to See' workshops involved Cephias sharing his journey – both struggles and successes as a young Black man growing up in London. Within the programme HEFH Mind links key points of Cephias's story to themes around mental health and wellbeing.



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**Open:** We reach out to anyone who needs us.



**Together:** We're stronger in partnerships



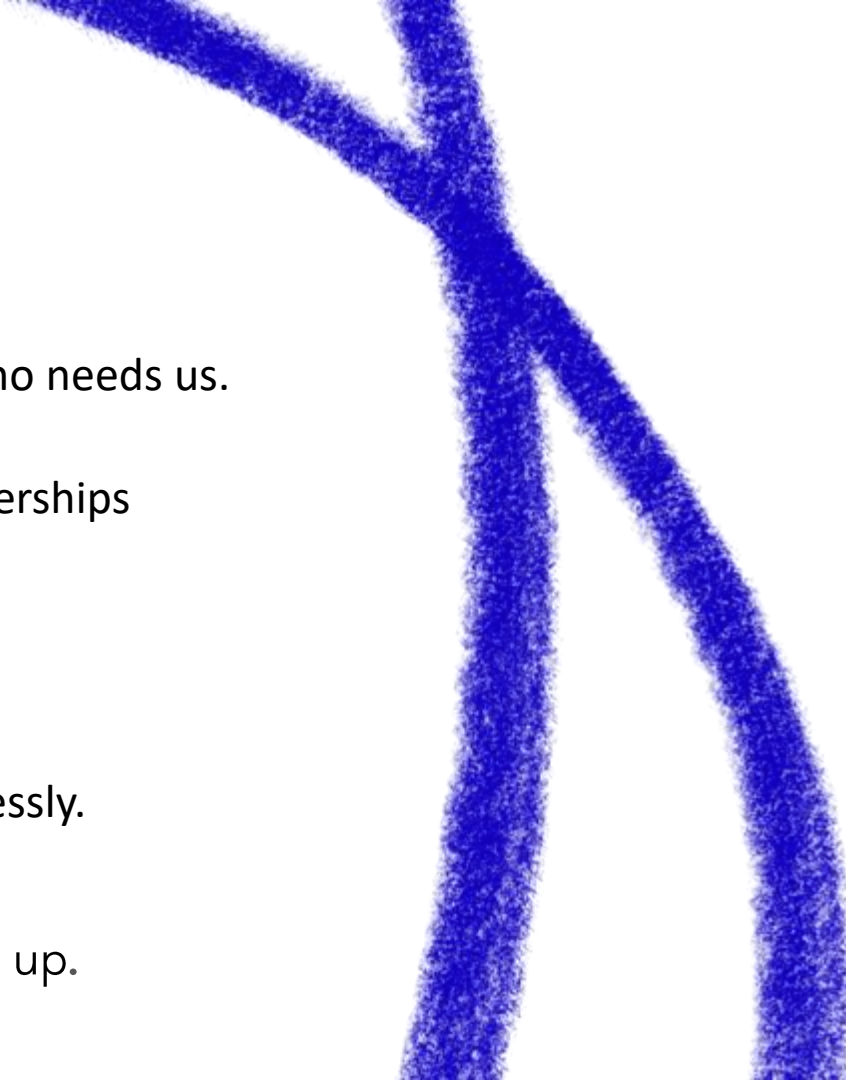
**Responsive:** We listen, we act.



**Independent:** We speak out fearlessly.



**Unstoppable:** We never give up.





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We won't give up until everyone experiencing a mental health problem gets both support and respect. (MIND's vision)



Thank You





 mind