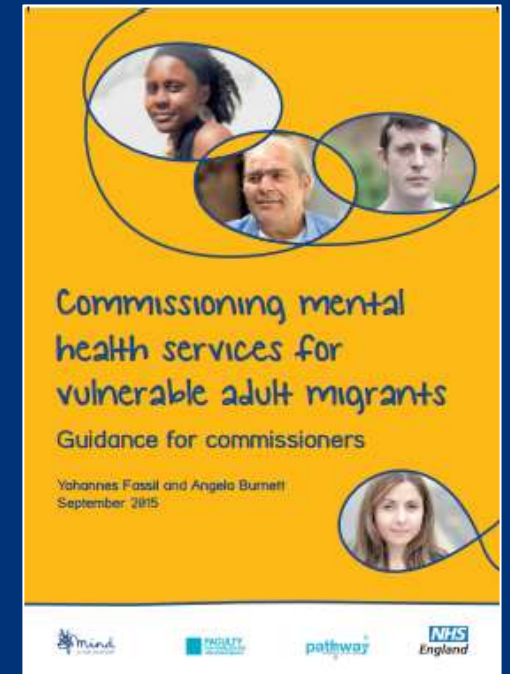


Refugees and asylum seekers: developing local services and responses

Karen Mellanby

Director of Networks and Communities

Mind



We're Mind, the mental health charity.
We're here to make sure anyone with a
mental health problem has somewhere to turn to
for advice and support.



Service development for vulnerable migrants

Our definition: Those adversely affected by circumstances leading to or resulting from their migration



- Asylum seekers and refugees
- Survivors of torture
- Separated children
- Roma, Gypsies and Travellers
- Trafficked adults and children
- People in forced labour
- Undocumented people
- Immigration detainees



Factors contributing to vulnerability and ill-health



1

2

3

4

Higher incidence of mental health problems than the wider population


At significantly higher risk of unemployment, homelessness and poverty, which impact on mental health


Social isolation and stigma around mental health can prevent people speaking out and is particularly acute in some migrant communities

Services not always culturally appropriate, additional language barriers


Mind's work on refugees and asylum seekers


Improving mental health support
for refugee communities –
an advocacy approach




 mind
For better
mental health

A civilised society
Mental health provision for refugees and
asylum-seekers in England and Wales








 mind
For better
mental health



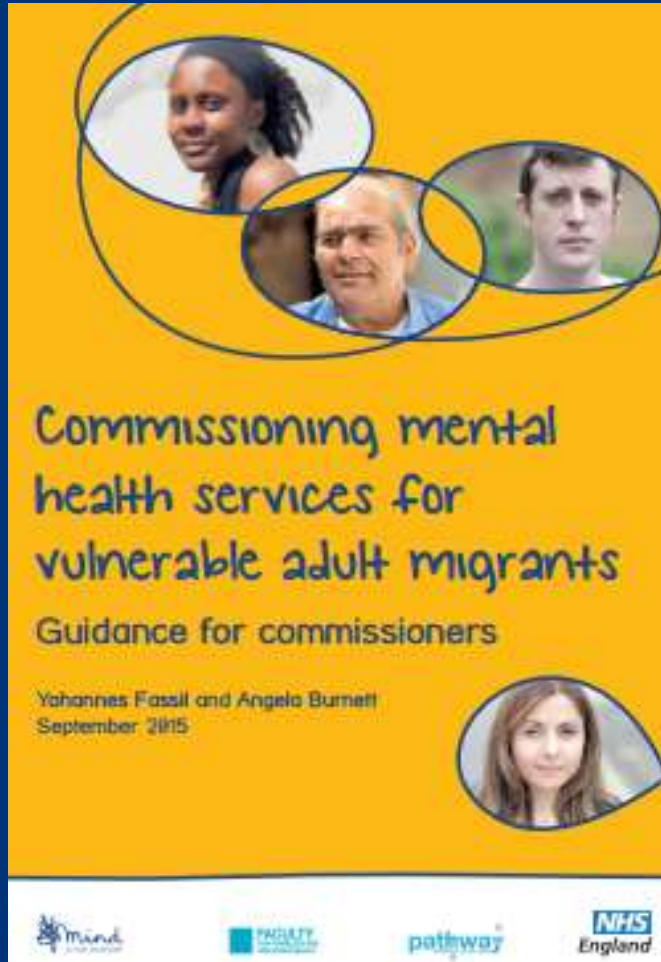
Commissioning mental
health services for
vulnerable adult migrants
Guidance for commissioners

Yohannes Fassil and Angela Burnett
September 2015



Achieving culturally and linguistically sensitive services



Take a multi-agency partnership approach

Capture need in Joint Service Needs Assessments and Joint Health and Wellbeing Strategies

Review new and existing services

Build capacity in migrant communities to engage on needs, service specifications, monitoring and provision of services

Embed equality impact assessments at every stage of the process

Achieving culturally and linguistically sensitive services (2)

- Engage community services, advocates and migrants to define mental health outcomes
- Develop culturally sensitive services and interventions
- Develop low cost, high impact culturally appropriate health promotion initiatives with community organisations
- Promote information sharing and coordination between agencies



8 key lessons from early pilots

- Engagement and capacity building with vulnerable migrants takes time and investment
- Many culturally specific groups are struggling to survive following funding cuts, so can be hard to engage
- Time is needed to create a common language and approach between commissioners and communities
- CCGs and Public Health must work together
- Transparency about decisions is critical to build trust
- Important to link influencing to national policy and guidance
- Lived experience is crucial to bring issues to life
- Need for VSOs to demonstrate outcomes



London projects (2015-17)



**City Bridge
Trust**

- Support community engagement and local influencing activities in London
- Working with seven local Minds to raise awareness and to influence better commissioning
- Engaging 100 vulnerable migrants and training at least 20 to become community representatives
- Co-producing an Influencer Manual to empower communities to affect change



Projects in Wales (2015-18)

- Three year project funded by Welsh Government to work with vulnerable migrants to co-produce models of engagement and services models for mental health
- Engaging with migrant community organisations to gain trust and build relationships
- Establishing a common language to discuss mental health
- Will feed into Local Health Boards to shape services



Llywodraeth Cynulliad Cymru
Welsh Assembly Government



Example of tailored peer support

- Positive Action for Refugees and Asylum Seekers (PAFRAS) is for asylum seekers in Leeds waiting to access mental health services, many living in poverty and isolation
- Two groups supporting males survivors of trauma and torture (Iranian and Eritrean)
- Group offers practical tools and coping mechanisms to help deal with the asylum system and resulting anxiety and stress
- Group members reported better wellbeing and social support



So what needs to change?

1

We need to develop better **awareness** and understanding of the challenges that vulnerable migrants face

2

We need to understand that working with vulnerable migrants is **core business** (equality duty)

3

We need to provide opportunities to **engage** with communities

4

We need to develop a **culturally competent workforce** with the skills and knowledge.

5

We need to build **tailored** approaches to supporting people

6

We need to fund **services** that effectively meet the needs of vulnerable migrants (including peer support)

Where to start?

Mind's cultural competency training

- Mind offers training to ensure frontline staff have the capacity and competence to support vulnerable migrants
- Our training looks at how culture shapes the way we see ourselves and others, and how to address mental health in cultural contexts
- We also offer specific training on Community Development for Emotional Health to inform culturally competent community interventions and explore ways to ensure effective engagement



Questions?

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