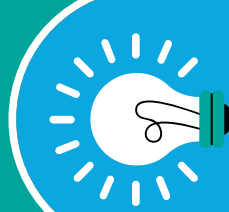




Outcome 4

People in the settings we work in recognise mental health stigma and discrimination, know how to challenge and take action against it

Moray Wellbeing Hub CIC



DIFFERENCES WE MADE

- 163 Health and Social Care Moray (HSCM) team members were engaged in project activities.
- Of those who took part in mental health inclusion sessions for the HSCM workforce, 57% were willing to engage in workplace mental health inclusion training and 63% were interested in attending stigma and discrimination training.
- Moray Wellbeing Hub has meaningful learning and resources ready for a stronger next step in influencing change and supporting lived experience voice to grow.

BACKGROUND

Building on a strong foundation of ongoing partnership working, See Me continues to support Moray Wellbeing Hub CIC to lead activity to challenge stigma and discrimination within health and social care.

This includes testing of See Me's mental health inclusion resources and development of a health and social care influencers training kit.

As well as changing minds and influencing practice in health and social care in Moray, the legacy of this project aims to create stronger anti-stigma social movements in Moray and nationally, and a range of tested resources.

PROCESS

This work was planned to work in concert with an NHS Grampian Endowment Funded project: "Reconnecting to our wellbeing through COVID: HSCM workforce" (aka Reconnect HSCM 21), initiated in December 2020. This project focuses on understanding barriers faced by the health and social care workforce in Moray to supporting their own mental health including self-stigma, as well as delivering some self-management activities. The two projects therefore worked together to resource an approach to partnership working with Health and Social Care Moray that consider stigma and discrimination within the system, for both patients and the workforce.

CROSS CUTTING THEME

PARTNERSHIP WORKING

See Me's partnership with Moray Wellbeing Hub CIC is an example of using partnership working as a means by which to achieve programme outcomes and expand the reach and impact of the programme.

See Me has a long-standing partnership with Moray Wellbeing Hub CIC, which has seen their skilled Champions in facilitation and strategic liaison roles test See Me tools and resources in Moray's health and social care sector to influence change and create mental health inclusive systems and services.

Successful partnership working can be seen across the programme with a range of organisations and is a core mechanism of change that has been evidenced to work to reduce mental health stigma and discrimination.

LEARNING FOR THE FUTURE

- The strong collaborative partnership working with See Me team members was instrumental to this project and will be continue to be important into the future.
- The decision to interweave two projects together from conception was both wise in terms of use of resources, partnership working and cross promoting to the workforce.

"Your contribution over the years has, in my opinion, assisted in shaping a more positive interaction, especially around those with Lived Experience."