

COMMUNITY INNOVATION FUND (CIF) 2015

**A total of £159.000 has been awarded
To 8 Change Networks**

THE GOLDEN RULE

Awarded: £20.000

Partners: Legal Services Agency, The Campaign Group

Workstream: All

The Golden Rule will increase human rights knowledge for people affected by mental health issues. The project will promote the rights and remedies flowing from the Human Rights Act and the European Convention on Human Rights and how these instruments can be used, both as managerial tools in the development of policy and debate, as well as in pursuing legal remedies.

Since the General Election and for the next few years, it appears likely that the public discourse will be dominated by a very limited human rights agenda that may indeed not only confuse but also positively discourage people from using the principles to achieve their legitimate objectives and rights. The UK Government has announced that there will be a consultation of where human rights are going. The interests and concerns of people with mental health issues need to be at the centre of this.

The project will have a high social media presence and build on its partners' links. The energies of a wide range of people interested in these issues will be engaged and the debate will be taken to a different level. In sharing ideas, resources and information on potential remedies, appropriate policy interventions, debates and, if necessary, litigation will be followed through.

DECONSTRUCTING BARRIERS

Awarded: £20.000

Partners: HUG, Birchwood Highlands, University of the Highlands and Islands, SPEAK, Spirit Advocacy, Befrienders Highlands, Samaritans, Creativity in Care, Highland Council

Workstream: Health & Social Care, Movement for Change

This project will focus on identifying the additional challenges affecting the mental health well-being of people from EU migrant worker communities living in the Highlands and finding ways to overcome these. There is a significant number of EU migrants living in the Highlands, most of whom arrived in Scotland relatively recently, usually after 2004. Migrant workers experience self-stigma, chronic stress and a relatively high number of migrants have committed suicide. These people are 'invisible' in the sense that they do not have a voice.

By engaging migrant community groups, people will become empowered and will be able to have a voice to speak out and their self-stigmatisation will be reduced. The other groups participating in the project, including health and mental health practitioners, community workers, local authority officers, academics etc. will have an opportunity to hear about the specific barriers people belonging to these communities experience in relation to their mental health. Consequently, their behaviour will change too in response to the recognition of the existing needs within these communities. Thirdly, people from the wider public learning about the issues addressed by the project through the publicity in public and social media will gain greater awareness and understanding of the issues around stigmatisation and self-stigmatisation. Peer research will lead to the publication of papers and policy briefings and a conference in May 2016 will inform and alert other geographical areas about the specific barriers people from migrant communities can experience.

LUNCH & LEARN

Awarded: £20.000

Partners: SAMH, SAMH service users, Hope Café, Workplaces

Workstream: Employment & the Workplace

This project will support employers to tackle stigma and discrimination around mental health in the workplace, and to value and respect the rights of any employee affected by mental health problems. It will connect people with lived experience to SAMH Community Hubs and local employers. It will enlighten workplaces about mental health, encourage open conversations and challenge stigma.

15 volunteer trainees trained by peers from the Hope Café's Bun & and Blether successful project with lived experience will deliver 'Lunch and Learn' sessions to 50 workplaces, with a total of 90 engagements over a nine-month period. SAMH will also deliver intensive support to 20% of workplaces, supporting each one to develop a tailored Mental Health policy.

Interactive, informal 'Lunch & Learn' workplace sessions will dispel mental health myths and promote the

maintenance and management of good mental health. Trainers will encourage open, non-judgemental conversation in a supported environment.

Look Around – See Me -

Awarded: £20.000

Partners: FENIKS, Health All Round, Polish Psychologist Networking Group, Edinburgh Council, ProcessWalk, Edinburgh, Safer Families-Working with Men, NHS Scotland Equality and Diversity, Choose Life Scotland, NHS Lothian, Polish Dad in Scotland, Polish Consul General, No Boundaries Polish School, Akademia Nauki

Workstream: Movement for Change

Look around-See Me is a social campaign for Polish Community in Edinburgh aiming at reducing self-stigma related to mental health problems. Basing on the success of the phase one pilot project funded by See Me in 2014, The project will now be coordinated by a Communications Officer to support the delivery of a media campaign and develop the existing change network. The change network will develop a blog and a Facebook page; work in partnership with Polish and Scottish organisations to monitor dissemination of, collect feedback and review the information booklet, created in the pilot project phase, on the health issues and support services available to the Polish Community in Edinburgh.

The communication officer will help extend training for Community Champions recruited and trained in the first phase; support and coordinate their initiatives to tackle stigma and discrimination in their communities; recruit and train a new group of Community Champions.

HOP: Honest, Open, Proud

Awarded: £20.000

Partners: Mental Health Foundation, Strathclyde University CHP, Illinois Institute Technology (Pat Corrigan / Jon Larson), Dr Byrne, Royal College Psychiatrists, Voices of Experience, Bi-Polar Scotland, Advocard

Workstream: All

HOP will pilot and adapt the proven US Honest, Open, Proud Programme in Scotland. Peer trainers will work with people experiencing mental ill health to engage self-stigma and enable informed decisions about disclosure.

Disclosure is a point of major vulnerability to discrimination and stigma, and experience of negative responses to disclosure can create a pattern of anticipated discrimination which has been implicated in the development and integration of self-stigma. In the USA, Patrick Corrigan and Robert Lundin developed a strongly evidenced programme of personal development sessions for people with mental health problems to work with peer trainers to explore their relationship to their lived experience, and the ways in which they may wish to disclose, or not disclose this in different contexts. The three sessions are

- Consider the Pros and Cons of Disclosure
- Different types of Disclosure
- Telling Your Story

HOP has permission from Pat Corrigan to import and adapt the Honest, Open, Proud Programme for Scotland and they will be a formal partner. They will support the development of a training team of people with lived experience, supported by a manager all of whom have lived experience and experience of disclosure. This team will then pilot the delivery of the programme in various settings in Scotland over a six month period. HOP will deliver 8-10 courses (each being 3 day sessions) aiming to work with around 100 participants.

Mind Us

Awarded: £20.003

Partners: Positive Prison/ Positive Futures, Theatre Nemo, HMP Cornton Vale, HMP Edinburgh, Willow

Workstream: Health & Social Care, Movement for Change

The project is to improve the knowledge and understanding of mental health issues and associated stigma amongst women in prison. It will allow them better to support their peers and perhaps discover where their own unwitting stigma might lie. Greater than 70% of women in prison will experience mental health problems. This project is a development from the Seeing the Person, Seeing Ourselves project funded by See Me in 2014, which successfully undertook similar work with prison officers. This is needed because during the co-production phase of that project people in prison told us they wanted to be better equipped to reduce stigma and support each other. The Change Network's wide experience of working in prisons and being prisoners with lived experience, also provides evidence for the need.

The wider impact of this work should be that those living in prison become skilled in sharing and disseminating this knowledge. Delivery will then provide purposeful activity for them and help reduce

stigma across the female estate of the SPS at a time of developing new regional units. Very senior officers of both HMP Cornton Vale and HMP Edinburgh (Governor and Head of Offender Outcomes) were mental health professionals prior to joining the SPS and they are fully supportive.

Refugee and Asylum Seekers: mental health stigma and discrimination programme

Awarded: £20.000

Partners: Scottish Refugee Council, Mental Health Foundation, Sanctuary Network, Alison Strang (Queen Margaret University), Community Conversation participants and Health peer education participants, Other refugees and asylum seekers

Workstream: A Health & Social Care, Movement for Change

The project will work at an organisational level to reduce structural stigma affecting refugees and asylum seekers and support communities to break down barriers, encourage discussion about mental health and find their own solutions to tackle stigma and discrimination. It will support the integration of refugees and asylum seekers by mainstreaming mental health and stigma to tackle structural stigma and discrimination and developing community capacity so that communities can tackle stigma and discrimination themselves.

This project builds on a 10 year history of work within Greater Glasgow and Clyde (where majority of refugee and asylum seekers have settled – estimated 23,000) initially taken forward through Mosaics of Meaning Project and then Sanctuary.

A wealth of evidence indicates that the prevalence of mental health problems is extremely high among asylum seekers and refugees The Sanctuary project highlighted high levels of poor mental health exacerbated by racism and stigma. Evidence from the Scottish Refugee Council shows:

- 57% of women as above the threshold for post-traumatic stress disorder
- 20% of women reported thoughts of ending their life in the previous 7 days
- 22% of women stated that they had at some point tried to take their own lives
- ASRW reported higher levels of depression and anxiety than the average woman

The project will develop capacity within refugee and asylum seeking communities so individuals are empowered to challenge stigma and discrimination within their communities through creating an environment where people are able to talk about mental health and wellbeing therefore creating a prevention agenda and, where appropriate, seek support for mental health.

Rights for Life

Awarded: £16.000

Partners: Scottish Recovery Network (SRN), Scottish Human Rights Commission, Scottish Independent Advocacy Alliance, Mental Health Network Greater Glasgow, Voices Of eXperience, See Me, Willow

Workstream: All

Building on the Rights for Life conference in June 2015 this project will take forward the programme of work from that conference and is focused on developing a declaration of rights and action plan for change.

The Change Network of Rights for Life has done a basic analysis of the outputs of the Rights for Life conference and wants to now engage a wide group of stakeholders in further refining and developing the Declaration and Action Plan. 50 people from the conference registered their interest in staying involved in the future development work and they, along with other key duty bearers, have been invited to a highly participatory workshop to further refine the basic documents. The next iteration will then be taken to a number of regional focus groups for comment and dialogue. They will also seek to consult the extensive online community who engaged in Rights for Life and anyone else who is interested through a social media campaign to encourage people to review and comment on the document. By February 2016, they will have a refined version which they will launch at a national event.