



End mental health
discrimination

COMMUNITY INNOVATION FUND 2015 Local Grants

**A total of £41.0584 has been awarded
to 10 groups and organisations**

THE PERINATAL MENTAL HEALTH PROJECT

Awarded: £4.000

Lead: Penumbra, Falkirk

Workstream: Health & Social Care

Post-natal Depression can be difficult to spot, particularly by the individual themselves. When and if it is identified, many women may not access or source the required support they need for a number of reasons. The project will inform women in these different ways: workshops, drop in centres, leaflets, update of current resources, local events.

The project will also aim to reach those around the mothers who also help play a part or may be affected: other mums, Social Work services, health visitors and GPs, partners, family members, the wider society.

A&E - ALL & EQUAL

Awarded: £3.999

Lead: Advocard, Edinburgh

Workstream: Health & Social Care

A participative action research project which will find and develop innovative solutions to the stigma and discrimination experienced in A&E. Advocard will support people with lived experience to find and develop solutions, and start to develop collaborative work with staff/providers/policymakers.

DON'T BOTTLE IT – TALK ABOUT IT

Awarded: £4.000

Lead: GAMH, Glasgow

Workstream: Health & Social Care, Employment & the Workplace, Movement for Change

GAMH will create a pop up events team comprising people with lived experience which can deploy anywhere to engage with members of the public round mental health, stigma and hope and recovery. The project will draw on the experience and skills of the Lived Experience Training Team in Glasgow Association for Mental Health to recruit, train and support pop-up events facilitators. This will give confidence to a new group of people with experience of Mental Health issues to be able to challenge stigma and self-stigma and allow the deployment of facilitators in any public venue, workplace or at events to engage people in discussion about mental health, stigma and recovery.

WEE READ

Awarded: £2.355

Lead: Wee Read, Hamilton

Workstream: Health & Social Care, Employment & the Workplace, Movement for Change, Children & Young people

Wee read 'mental wealth' project will deliver writing and reading activities that aim to benefit people with mental health problems who experience stigma and self stigma. Reading and writing activity allows space and time for self-reflection and self-management. The project will also address stigma in the mainstream community, to improve understanding of mental health. People with mental health problems do not get easy access to alternatives to counselling or psychotherapy. The lead's work and research in NHS education for Scotland shows a need for bibliotherapy and that the effects are beneficial to health and well-being. These groups will offer an arts-based approach to changing behaviour.

MY MIND MATTERS

Awarded: £4.000

Lead: Cue and Review Recording Services, Bishopbriggs

Workstream: Employment & the Workplace, Children & Young people

The project will raise awareness of and reduce the stigma of mental health in young males (16-25) in the East Dumbarton Area. It will produce 6 radio shows aimed at openly discussing the mental rigours of life and related personal experiences therein. The radio programmes will allow for focused group education in a relaxed and fun environment. Men tend not to talk about their feelings, but give them a mixing desk, editing software and a radio station to do programming and it can be a different story.

MENTAL ABILITY AND WELLBEING IN ACADEMIA**Awarded: £4.000****Lead: University of Strathclyde Disability Services, Glasgow****Workstream: Health & Social Care, Movement for Change**

In order for individuals to seek help from a medical professional if necessary, having a disability service that appears non-threatening and beneficial is likely to be a good first step. This is particularly important as college-age students are at the ideal age of onset for a mental health condition, younger adults display less help seeking behaviour than older adults and are more likely to seek support from friends and family than a medical professional. This project will seek to specifically ask students without mental health difficulties (as well as those with) what would make them access help from the Disability Service, so that University policies may more adequately support students in their academic and extracurricular life so that they don't reach crisis point, and are signposted to extra support and services as required both in and out of University. This research project will hold a series of focus groups with students in order to find out in detail what would make them feel comfortable accessing support from the disability service, and discover if there are any university policies that people with lived experience find particularly detrimental to their mental wellbeing.

PERMISSION TO DREAM**Awarded: £2.940****Lead: Outside the Box development Support, Glasgow****Workstream: Movement for Change**

The project will hold 5 local conversations, across Scotland, to encourage people with poor mental health, workers and public to talk about what their dreams are and how to make them real. They will then share the dreams and the practical steps widely, using websites, newsletters and social media, with other organisations, network and individuals. The starting point is to hold the conversations about dreams and making them real. Many people who have lived experience of poor mental health are not often asked about what their dreams are and then have the opportunity to listen to what other people's dreams are. So this in itself has the ability to change behaviour because it's the starting point to think about what you would like to do with your life and not be a passive recipient of services. Passions and dreams are the things that changes lives and many people with poor mental health need to be given permission to dream. Secondly, sharing the dreams using a variety of means, (written report, storify, social media, websites, emails and newsletters) will reach a larger number of people and has the ability to change behaviour, raising expectations about dreams and the importance of need dreams and aims in life for everyone.

'LIVING WITH...' MULTIMEDIA ART EXHIBITION, WORKSHOPS AND CONVERSATIONS**Awarded: £3.890****Lead: LGBT Health & Wellbeing, Edinburgh****Workstream: Movement for Change**

LGBT people are disproportionately more likely to experience mental health problems. The project aims to use the arts as a means of public engagement to tackle mental health stigma by giving people insight into discriminatory actions and offering suggestions for how people can change their behaviour. The project has 3 tiers. Firstly there will be a workshop for individuals and carers impacted by self-stigma providing creative opportunities to individually explore this topic and collectively design the interactive elements and anti-stigma messages of the exhibition. Then, an exhibition during LGBT History Month will draw additional interest from members of the lesbian, gay, bisexual and transgender communities who have opportunities to both exhibit in relation to destigmatising mental health and/or view and interact with the exhibition from audience perspective. There, staff/volunteers will be available for conversations that encourage engagement with the anti-stigma message and provide information, including See Me. For the opening night and days after, people will be offered a fortune cookie, each containing a mental health anti-stigma call for action. People can either respond to their suggestion on the evolving exhibit 'Wall to Action' or can let us know via an online survey how they have done and volunteers will illustrate quotes from the survey onto the wall too.

PAISLEY POETRY TRAIL**Awarded: £4.000****Lead: Renfrewshire HSCP, NHS GG&C, Paisley****Workstream: Movement for Change**

This is a site-specific installation across at least 20 locations throughout the town centre of

Paisley. The trail also includes two exhibitions. A map will be created which will be available to collect from the Paisley Arts Centre which will have the locations of the trail laid out and will provide information about mental health recovery and discrimination. The trail will also include a sound installation with QR barcode links to pieces of film with positive mental health content. Information posters will be created and posted at each site. There will be an event 'Walk the Trail' led by walk leaders from the 'Feeling Fitter' Programme in Renfrewshire to walk to all 20 locations following the map.

INCREASING RECOVERY AND REDUCING STIGMA : THE ROLE OF PEER SUPPORT WORKERS

Awarded: £4.400

Lead: NHS Highlands, Inverness

Workstream: Health & Social Care, Employment & the Workplace

Through a peer-led research initiative the project will improve understanding of the role of Peer Support Workers (PSW) in increasing recovery and reducing self-stigma for mental health social care service users in Highland. The involvement of PSWs in the system is one of the most visible examples to other service users, their families, and professional services providers that the respective mental health system is committed to inclusion, partnerships with clients, and the adoption of a recovery-oriented mental health system. This scoping project would test local attitudes to the introduction of PSW's prior to implementation examining areas of potential future conflict and suggest potential solutions for managers to factor into to any implementation plan.

STAND UP AGAINST STIGMA

Awarded: £4.000

Lead: Inspire theatre, Carluke

Workstream: Movement for Change, Children and Young people

The project will utilise drama & performance to help tell stories of stigma and discrimination experienced by young people here in South Lanarkshire – including stigma and discrimination within health services. The pieces the young people the project will work with will form part of a larger scale performance named "Stand Up Against Stigma" which will include performances based upon people's real life stories.

Having researched ways in which young people in particular respond to community education and improvement projects like this Inspire Theatre found that peer sharing and support is most effective 'Peer support offers many health and quality of life benefits. Both peer support workers and the service users they are supporting feel empowered in their own recovery journey, have greater confidence and self-esteem and a more positive sense of identity, they feel less self-stigmatisation, have more skills and feel more valued. The project will use the young people's stories and experience to inspire other young people and produce thought provoking and informative accounts of their experiences which change and challenge perceptions and stereotypes surround mental ill health.

It will also include performances from many community based organisations – bringing a community together through discussing important issues around mental health.