



# Delivering Mental Health services for BME communities by reverse commissioning

**NHS BME NETWORK CONFERENCE**  
**12 June 2015**

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**Norfolk and Suffolk NHS Foundation Trust**

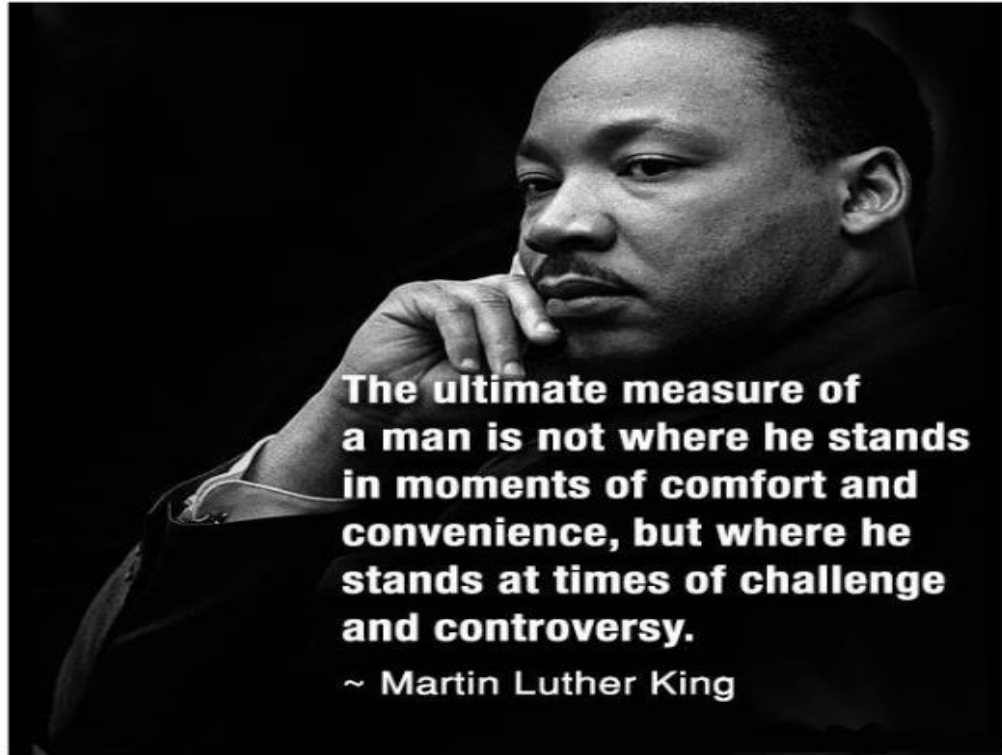


# Why is this important?





# Leadership





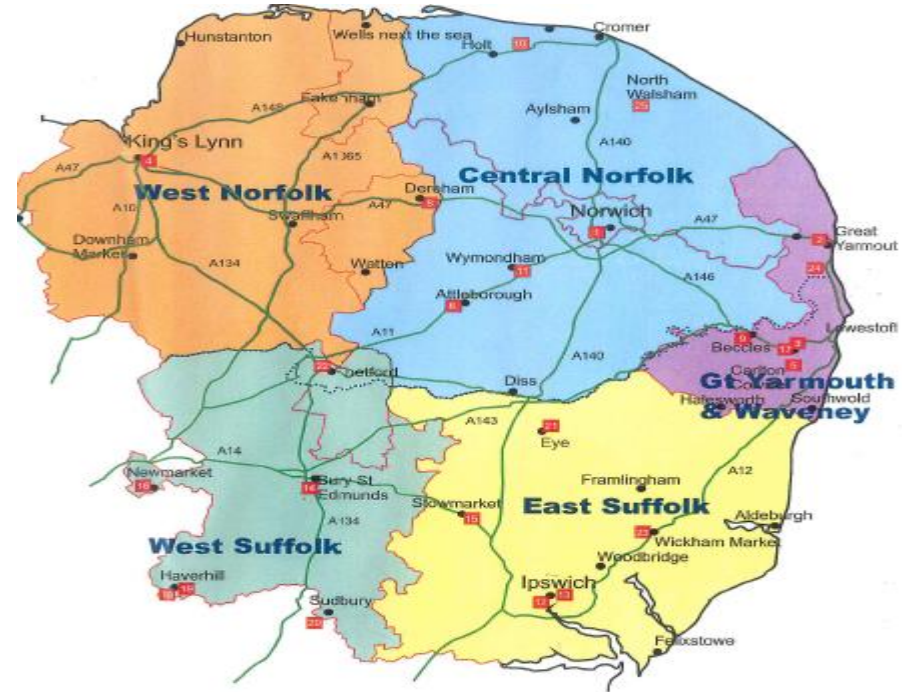
## David (Rocky) Bennett 1960-1998

David Bennet 38, died at the Norvic Clinic in Norwich. This led to a national inquiry and discovered institutional racism across the NHS. There are still concerns that recommendations made have not been implemented by NHS Trusts.

# Understanding our Communities in Norfolk and Suffolk

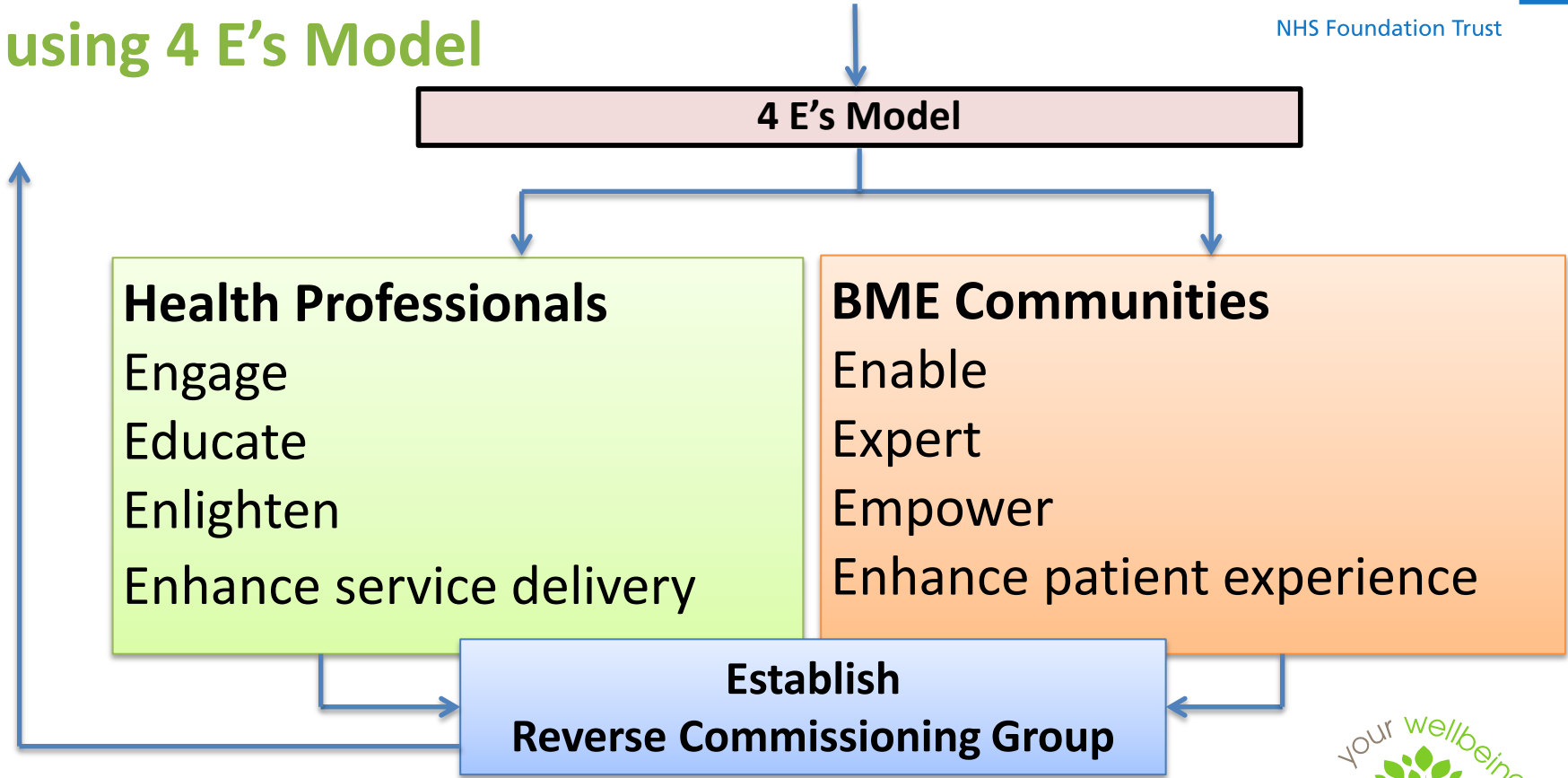
Norfolk	Norwich
<b>White:</b> 92.4%	<b>White:</b> 84.7%
<b>White Other:</b> 4%	<b>White Other:</b> 6.2%
<b>BME:</b> 3.6%	<b>BME:</b> 9.1%

Suffolk	Ipswich
<b>White:</b> 96.6%	<b>White:</b> 88.9%
<b>White Other:</b> 3.4%	<b>White Other:</b> 5.4%
<b>BME :</b> 3.4%	<b>BME:</b> 11.1%

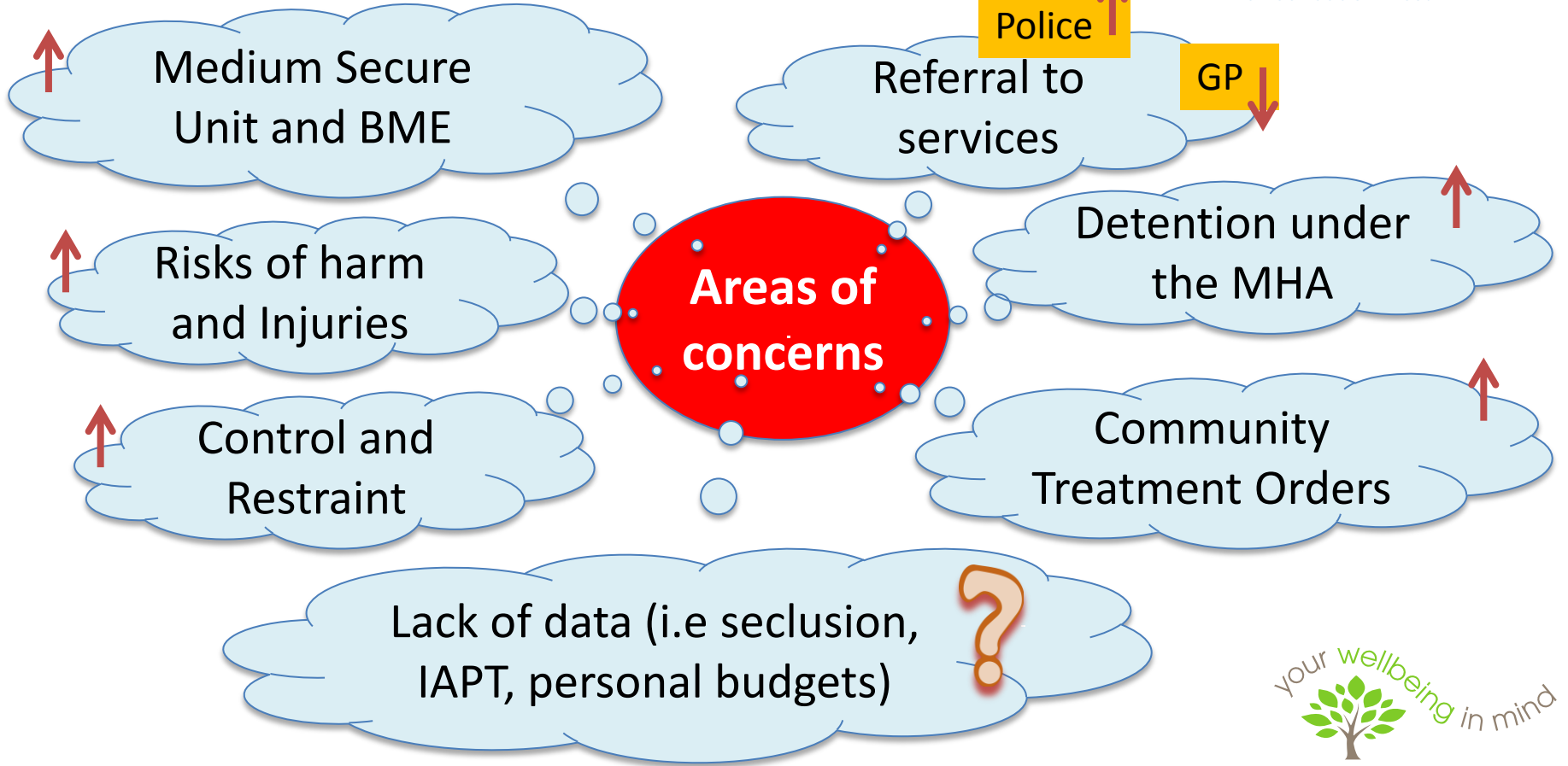


Source: 2011 Census data

# Reverse Commissioning- using 4 E's Model



# Outcome of Data Analysis





# Open Mind Project

## Key recommendations:

- To improve on access of information about services.
- To improve on cultural competency skills among staff.
- To develop and implement a co-production approach between services and BME service users.
- Better communication and sufficient time to allow for a comprehensive assessment.



# BME Mental Health and Wellbeing in Suffolk

Norfolk and Suffolk   
NHS Foundation Trust

Some of the findings from our survey reveal:



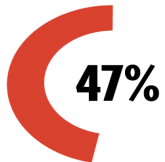
BME respondents disagreed/strongly disagreed that **'mental health services are culturally sensitive'**



BME respondents agreed/strongly agreed with the statement: **'Instead of discussing my problems I am given a prescription'**



BME respondents agreed/strongly agreed with the statement: **'I feel that I have to repeat myself each time I attend an appointment'**



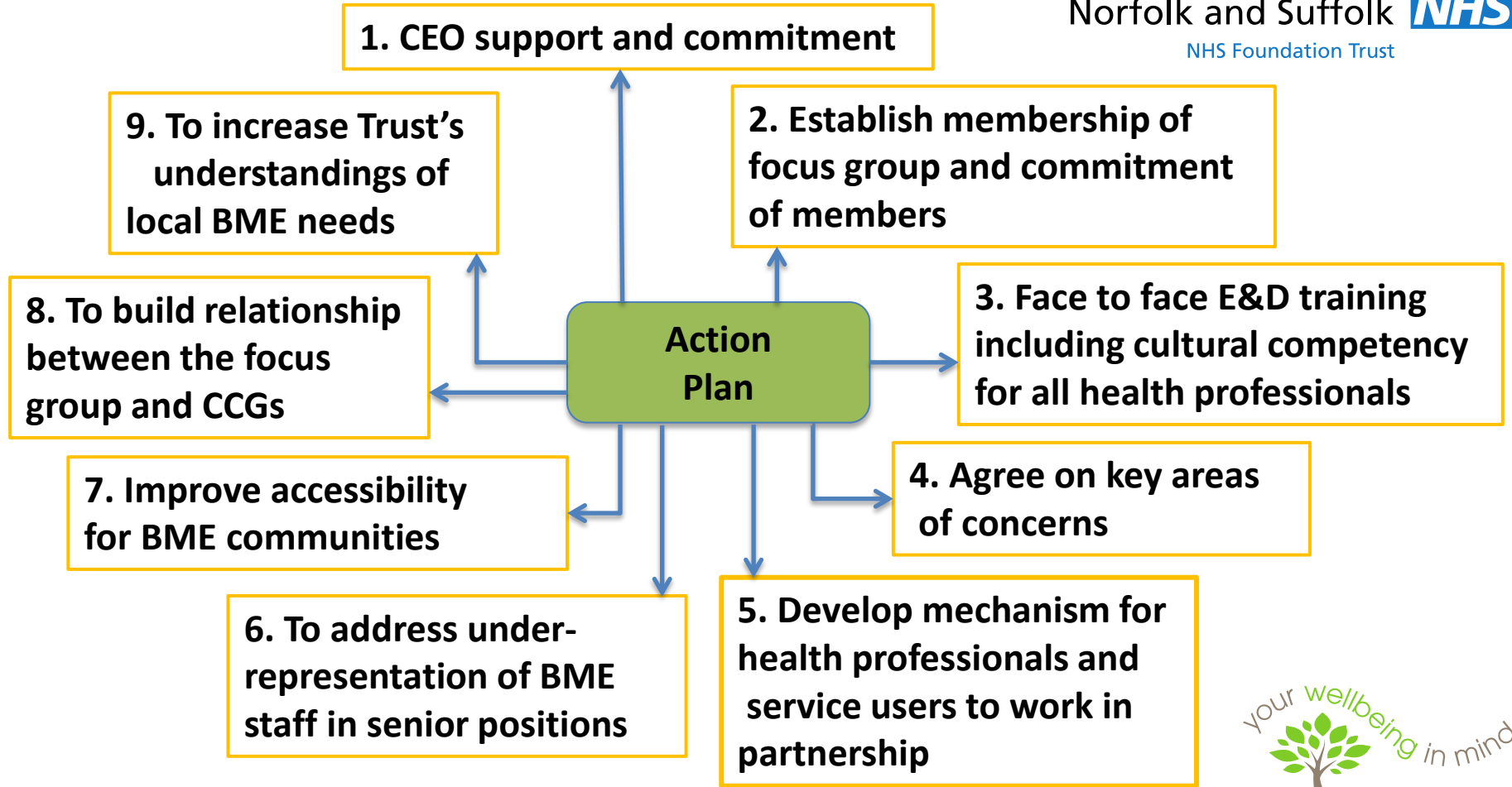
Of BME respondents agreed/strongly agreed that those with mental health issues **'are seen as dangerous among my circle of family and friends'**



# Benefits of the project from Service users and Carers perspective

# Video from focus group meeting 19.05.15

10 mins



# Group Exercise

## 10 mins

**In your groups discuss the following:**

- Key themes
- Key challenges
- Key recommendations



# Discussion Panel

