

Ethnicity and Use of the Mental Health Act

24 May 2010 / London Conference



ETHNIC HEALTH INITIATIVE

Promoting a better understanding of BME psychological health and well-being



Ethnic Health Initiative
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The latest data published on use of the Mental Health Act in England for 2008 / 2009 from the Mental Health Minimum Data Set shows that the rates of detention via the Mental Health Act have increased steeply (The NHS Information Office 2009). This report shows that 31.8% of service users receiving care on inpatient units were detained under the Mental Health Act. This is a greater number than in previous years. The data also showed that 53.8% of the "Black" and "Black British" group who were inpatients, spent some time detained compulsorily in comparison to 31.8% overall. The over representation of certain Black and Minority Ethnic Groups within inpatient services is not new.

The results of the 2009 "Count Me In" Census have also just been published (Care Quality Commission 2010). The Census found that 22% of all patients were from minority ethnic groups compared to 20% for the 2005 Census, possibly reflecting the changing population of the UK. The rates of individuals subject to the Mental Health Act were higher than average for some groups namely the Black Caribbean, Black African, Other Black and White / Black Caribbean Mixed and Other White Groups. The rates of people from Other Black and Black Caribbean groups detained under Section 37/41 has remained higher than average for the last five years. The rates of admission or detention have not reduced since 2005 for Black and minority ethnic groups.



This one day event will focus on the exploration of the following questions:

- How should we interpret these findings?
- Is racism the main issue behind the fact that some BME groups are over represented in terms of admission and detention rates and also the increased use of certain diagnostic categories such as schizophrenia?
- Should we be focusing on understanding and learning why certain BME groups are not over represented?
- Have the changes to the Mental Health Act been detrimental or helpful? To whom?
- What alternatives are available and seen as useful to people from BME communities who have been, or who are currently at risk of being detained?
- Where do the solutions lie? Should we be focusing on tackling racism in society? Should we be making stronger efforts to address institutional racism within mental health services?
- Should our attention be on understanding and addressing socio economic issues and on interventions to reduce the stigma associated with mental ill health?
- Should we be undertaking more preventative work?

Who Should attend?

This conference will be relevant to anyone in the field of mental health and social care. Also, officers from local authorities and NHS trusts across the UK, mental health professionals and practitioners, including Approved Mental Health Professionals, charities, third sector, educational establishments, the legal profession, academics and policy makers. Limited free places are available to service users and carers.



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Programme of the day

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| 9.00 - 9.30 | Registration, Tea & Coffee |
| 9.30 - 9.45 | Opening Melba Wilson OBE <i>National Programme Lead, Mental Health Equalities, National Mental Health Development Unit, DOH</i> |
| 9.45 - 10.00 | Chair Professor Sashi Sashidharan <i>Honorary Professor and Co-director of Centre for Research in Ethnicity & Mental Health, Warwick Medical School, University of Warwick</i> |
| 10.00 - 10.50 | Ethnicity and Psychiatric Detention: Racism, Attribution and Help-seeking Professor Swaran Singh <i>Professor of Social & Community Psychiatry, Health Sciences Research Institute, University of Warwick</i> |
| 10.50 - 11.40 | Ethnic Variations in Mental Health Admissions: There's More to Race Than Racism Professor Tom Burns <i>Professor of Social Psychiatry, Department of Psychiatry, University of Oxford</i> |
| 11.40 - 12.00 | Morning session Q&A |
| 12.00 - 1.00 Lunch | |
| 1.00 - 1.50 | Ethnicity and the impact of Mental Health Legislation Professor Chris Heginbotham OBE <i>Deputy Head of International School for Communities, Rights and Inclusion, Professor of Mental Health Policy and Management, University of Central Lancashire</i> |
| 1.50 - 2.40 | Community Responses to Compulsion: From 'Circles of Fear' to Cycles of Engagement Professor Philip Thomas <i>Honorary visiting Professor in the Department of Social Sciences and Humanities, University of Bradford</i> |
| 2.40 - 3.00 | Tea & Coffee |
| 3.00 - 3.50 | Ethnicity and Outcome of Appeal After Detention Under the Mental Health Act 1983 Dr Ramin Nilforooshan <i>Specialist Registrar in Neuropsychiatry, Scutari Clinic, Adamson Centre, St Thomas's Hospital</i> |
| 3.50 - 4.10 | Afternoon session Q&A |
| 4.10 - 4.30 | Plenary, Closure & Evaluation sheets |



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Speaker Profile

Melba Wilson, OBE was appointed National Director for the Delivering Race Equality in Mental Health (DRE) Programme in November 2007. Previously, she was Acting Chief Executive of the London Development Centre, part of the Care Services Improvement Partnership. She is also the form chair of Wandsworth Primary Care trust, a post she held for five years. Melba is also Deputy Chair of the London Health Commission. Her work has focused on improving health and well being in the context of diverse communities. The DRE programme is a Department of Health initiative, which works to reduce health inequalities for people from black and minority ethnic communities. Melba was awarded an OBE in the Queen's Honours List in June 2007 for services to healthcare.

Professor Sashidharan works as a Consultant Psychiatrist. He has an Honorary Professorship at the University of Warwick (Warwick Medical School) where he is the co-director (with Professor Scott Weich) of the Centre for Research in Ethnicity and Mental Health. Professor Sashidharan worked as the Medical Director of North Birmingham Mental Health Trust between 1994 and 2003. His research background is in psychiatric epidemiology, community mental health and in the field of mental health and ethnicity. He has been actively involved in research, service reform and campaigns to improve community mental health services and reduce and eliminate ethnic inequalities in mental health services. He was the chairman of the External Reference Group of the Department of Health in England that developed the first national strategy to improve mental health services for people from Black and Minority Ethnic Communities in England (Inside Outside). He has worked as a mental health consultant to the World Health Organization and the Asian Development Bank. Since 2007 he has been working as a Consultant Psychiatrist in Scotland and is a founder member of the Global Forum for Community Mental Health.

Swaran Singh is Professor of Social and Community Psychiatry at Warwick University and consultant psychiatrist in Early Intervention Service, Birmingham & Solihull Mental Health Foundation Trust. He is the Clinical Engagement (Darzi) Lead for Mental Health and Social Care for the West Midlands Strategic health Authority and the lead for the Mental Health Research Network (MHRN) - Heart of England Hub. He is also a Non-executive Director of the Coventry & Warwickshire Partnership Trust. He is involved in several national research programmes including the ENRICH Programme grant to improve pathways to care for Black and Minority Ethnic communities, AMEND project to assess the impact of the Amendments to the Mental Health Act (2007), ENDEAVOUR trial on improving vocational outcomes in early psychosis and the TRACK study on the transition of care from child to adult mental health services. His research interests include epidemiology, onset and outcomes of early psychosis, early intervention services, culture and ethnicity in mental health, health services evaluation, mental health law and medical education.

Tom Burns took up the post of Chair of Social Psychiatry at Oxford University in 2003. He was previously the Foundation Professor of Social and Community Psychiatry at St George's Hospital Medical School, London. Between 1980 and 1983 he worked as a Consultant Psychiatrist in Uppsala, Sweden. After ten years as a CMHT consultant he ran an Assertive Community Treatment Team for ten years for 110 "revolving door" psychotic patients, which was awarded 'Beacon status'. He has authored three books published by OUP. Assertive Outreach in Mental Health: A manual for practitioners" along with

the team leader Mike Firn, in 2002, "Community Mental Health Teams – A guide to current practices" in 2004 and 'Psychiatry: a very short introduction' in 2006. He has chaired several College Working Parties, including the revision of the College's policies on community care and inpatient provision. He was the psychiatric advisor to the Parliamentary scrutiny committee on the revision of the Mental Health Act. He was awarded a CBE for his services to mental health in 2006. His main area of interest is the provision of care for severely long-term mentally ill patients outside hospital and he is currently conducting a random controlled trial of the newly introduced Community Treatment Orders.

Chris Heginbotham OBE has been Deputy Head of the International School for Communities, Rights and Inclusion, since its inception in August 2008. He is also Professor of Mental Health Policy and Management; and Director of the Centre for Psychosocial Research and Wellbeing at University of Central Lancashire. He held a part-time Chair at the UCLan from February 2005 and took up his present post full time on 1st April 2008. Up to that point he was also Chief Executive of the Mental Health Act Commission in England and Wales, a post he had held since 2003. He was National Director of MIND, the National Association for Mental Health, from 1982 until 1988 and during that time was an active member of the World Federation for Mental Health. In 1989 he became Fellow in Health Services Management at the Kings Fund and in 1993 moved to Riverside Mental Health NHS Trust in London as Chief Executive for three years. Immediately prior to his appointment to the MHAC in 2003 he was Chief Executive of South Warwickshire General Hospitals NHS Trust and before that Chief Executive of East and North Hertfordshire Health Authority from 1996 to 2000. His research and consultancy interests include: philosophy and mental health especially Heidegger and service user involvement and the philosophy of psychoanalysis; mental health policy, in particular civil, legal and human rights; and commissioning, resource allocation and priority setting in health and social care. He has published many articles and papers, and three books, the most influential of which is 'Mental illness: prejudice, discrimination and the law' – written with Professor Tom Campbell (Dartmouth 1991).

Philip Thomas is a writer and an honorary visiting professor in the Department of Social Sciences and Humanities in the University of Bradford. He worked as a full-time consultant psychiatrist in the NHS for over twenty years, in Manchester, North Wales and Bradford. He left clinical practice in 2004 to focus on writing and academic work. His academic interests include philosophy, especially Continental philosophy and its relevance to diversity and identity in psychiatry, medicine and society. He has worked closely with survivors of psychiatry, service users and community groups, nationally and internationally. Until recently he was chair of Sharing Voices Bradford, a community development project working with the city's Black and Minority Ethnic communities. He is a founder member and co-chair of the Critical Psychiatry Network, and has published well over 100 scholarly papers mostly in peer reviewed journals. He has authored or co-authored three books, most recently Postpsychiatry, with Pat Bracken. In May 2009 he was appointed as non-executive director of Mersey Care NHS Trust. His main project at the moment is a book about madness and culture.

Ramin Nilforooshan is a Specialist Registrar in Psychiatry at Guy's and Maudsley Psychiatrist training rotation. He is an Honorary research fellow at Sussex NHS Partnership and is also a clinical lecturer at King's College. He has been researching in Mental Health Act and his current interest includes: Changes in using detention after introducing new Mental Health Act, Mental Capacity Act and older adults, Dementia, Alzheimer's Disease and biomarkers.

