Black Thrive

A Partnership for Black Wellbeing

From Surviving to Thriving

Since the Windrush generation arrived in the 1950s **Lambeth** has been home to the **UK's biggest black community.** Many people of African and Caribbean origin have thrived here and make a massive contribution to our cultural and economic life.

Despite the successes **inequality remains**, particularly for people of Caribbean descent, and in **mental health and wellbeing** this inequality is most obvious.

People from the **black community are disproportionately exposed** to factors, like poverty, that increase their likelihood of developing a mental illness. Everyone in Lambeth needs to **work together** to eradicate poverty, poor housing, abuse, substance misuse and lack of opportunity. These are big challenges but if we **start by improving social and emotional education, early intervention and the experience of those with mental illness we will reduce one of the starkest areas of inequality in the borough.**

- Black Health and Wellbeing Commission, 2014

Black Thrive Vision

Lambeth's black communities are able to thrive and improve their mental health and wellbeing, supported by relevant, accessible services, which provide the same excellent quality of support for all people regardless of their race.

Black Thrive

Issue

The 80,000 strong black community in Lambeth...

- Are at **greater risk of experiencing mental distress** relative to their white British counterparts
- Are **under-represented** in primary care but make up the **majority of inpatients**
- Report **worse experiences** in services
- Experience **longer inpatient detentions**

→ This is a complex systemic problem, characterised by greater prevalence of issues, low engagement and trust, and poor outcomes.

Planned Intervention

A fixed five year initiative that will drive and embed change from within the system and have equality of representation and the building of trust as two key design principles. Its three areas of focus will include better prevention, improved access to appropriate services, and improved experience.

Philanthropic Support

Facilitating Partners

1. Strategic Leadership: Steering Committee
Developing shared objectives; aligning efforts; championing change at both operational and policy levels

2. Delivering Change: Working Groups
Driving change on multiple issues simultaneously

3. Shared Measurement System
Informing priorities, creating transparency

Community

4. Facilitating Team: The Black Wellbeing Partnership Staff
Maintaining focus, providing energy, sustaining momentum

Black Thrive Key Elements

Black Thrive will enable statutory, voluntary sector and community members to work together to improve the mental wellbeing of black communities in Lambeth. The main elements of the initiative are described below.

1 Steering Committee

- Leads Black Thrive, with membership coming equally from 'system' and community leaders

- Has an accountable relationship with the Lambeth Health and Wellbeing Board

- Responsible for delivering initiatives outcomes

- Coordinates different strands of work (both existing and new), identifies gaps and directs activity

- Ensures best use of resources

2 Working Groups

- The Steering Group convenes Working Groups to focus on operational change on specific issues

- Includes whoever needs to be involved in developing and implementing solution(s), not just those historically involved in mental health services

- Draws equally from the 'system' and community

- Action-orientated and focus on embedding change in existing structures *(more info on next slide)*

3 Shared Measurement System

- Informs, monitors and evaluates action taken

- Developed and owned by Public Health Lambeth (PH), drawing together existing data and supplementing it (for example with qualitative lived experience), improving data quality in this area and providing both insight and transparency around progress

- Outputs include dashboards developed to be accessible to a wide range of people

4 Facilitating Team

- A small staff team, hosted by Healthwatch Lambeth

- Co-ordinates the initiative, supports participants, and holds them to account for delivering committed actions

- Works closely with PH to ensure the effective use of the SMS, and oversee the initiative's website and communications programme

- Healthwatch will also hold funds and their trustee board will provide financial governance for the initiative

Working Groups – Action towards Outcomes

Working Groups harness the expertise of practitioners, users, carers and others across Lambeth to drive and monitor change within the system. They work in partnership with the Steering Committee and facilitator team, using information from the shared measurement system and their deep knowledge of the community, the system and mental health to ensure that Black Thrive achieves its vision.

Prevention

Focus on and use of prevention to promote and improve health and wellbeing amongst black communities is increased

- Figuring out how Lambeth residents can better access services for themselves, their family members and friends
- Finding ways to reduce the stigma associated with mental ill health
- Supporting the reach of mental health services and programming into all schools in Lambeth
- Helping services, community groups, and Lambeth residents to incorporate the protective factors that promote mental wellbeing in their daily activities

Access to Appropriate Services

Access to appropriate services that meet the needs of black communities is improved

- Identifying the pathways for better coordination and co-location of mental health and physical health services
- Helping increase transparency regarding GP responsibilities and patients' rights
- Improving access to self-management of mental health
- Identifying ways that GP surgeries can provide mental health screening and support that is culturally responsive
- Supporting families and friends of loved ones experiencing mental ill health to understand how to be effective advocates

Patient Experience

Patient experience of care and support by black communities is improved

- Identifying ways to ensure that designated carers feel supported, empowered and included in care decisions, especially with regards to recovery plans
- Working with the police to operate with a 'public health' focus instead of a 'punishment' focus when encountering individuals experiencing mental distress
- Figuring out methods/strategies to address discrimination that black service users experience
- Improving access to self-management of mental health