Sharing of conference: Roles of Social Workers in Community Mental Health Services

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Related symposium and plenary sessions

- Putting the 'social' back into mental health social work

  Jerry Tew – University of Birmingham

- What do people with mental health needs value in their social worker?

  Mark Wilberforce – University of York

- Family violence service enhancement in acute and community mental health

  Melissa Petrakis – Family Violence Service Enhancement Planning Group, Monash University

- Whole system mental health in York: Developing the therapeutic wealth of the community

  Steve Wright – Tee, Esk & Wear Valleys NHS Foundation Trust

Why community mental health services

Longitudinal study shows that psychiatric disorders were associated with life impairment, worse developmental histories, and early-life brain function. Therefore, it is challenging to find causes, consequences, biomarkers, and treatments with specificity to individual mental disorders. (Caspi et al, 2014)

Why community mental health services

Lifetime experience	Prevalence among those with psychosis (%)	Prevalence among those with no disorder (%)
Sexual abuse	34.5	1.8
Being bullied	46.4	14.6
Violence in the home	38.1	4.1
Running away from home	34.5	2.8

Bebbington et al, 2004

Why community mental health services

Family dynamics	Genetic risk	Diagnosed with schizophrenia in later life (%)
Healthy	Low	0
	High	1.5
Dysfunctional	Low	5
	High	13

Tienari et al, 2004

What factors constraining mental health social work in asserting its uniqueness

- Managerialism trends in public administration

- 'Genericism' reducing social work's status

- Hidden from view. Operating in limited space

- Distorted media portrayal

- Role ambiguity

What is Mental health social work?

Mental health social work aims at putting service users at the centre of the profession's practice which no other professional grouping can claim a core defining principle based on giving service users a voice.

(Nathan and Webber, 2010)

How social worker think about mental illness?

- Unease not disease

   Disease = biological takeover

   Unease = active discomfort with oneself and/ or with one's world

- Mental distress = unease and powerless to resolve the issues. A expression of an unsolved 'problem of living'

- whole life

What matter most in recovery?

✖ No correlation between medical treatments and recovery rates

✓ Strong correlation with employment rates

✓ Social acceptance/ capability to access social opportunities

How to develop community mental health services

- Control, citizenship and connectedness are common themes underpinning all strength-based work

- draws on personalization and co-production, working in partnership to develop co-designed solutions which prevent harm and abuse, reduce obstacle and discrimination, restore and support family relationships

- starts with a different conversation

How to develop community mental health services

- Enable new forms of conservations and connections between individuals, families and communities which build or sustain capabilities and forms of capital

- capabilities is a range of valued choices and opportunities with one's social context that offer the possibility of a life worth living

How to develop community mental health services

Use a capabilities framework to understand person in their social context and identify what strengths they exist and where these may to be built up

Different forms of capital :

- Economic capital

- Social capital

- Relationship capital

- Identity capital

- Personal capital

How to develop community mental health services

Economic capital

- enable to reclaim economic power both as a productive citizen and as a consumer

- targeted use of personal budgets can promote recovery

How to develop community mental health services

Social capital

- bonding and bridging

- potential social networks where they feel they belong

- develop new forms of social capital and power together

- create opportunities for people with and without experiences of mental distress in the community

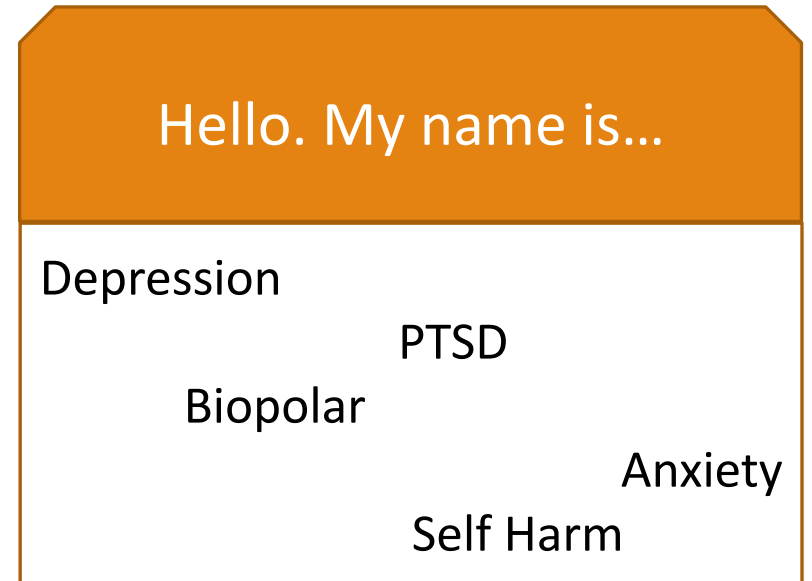# How to develop community mental health services

Relationship capital

- potential and beneficial personal relationships, including family connections, friendships and peer supports

- not all relationship provide capital

- re-established relationship that are respectful, supportive and allow for mutuality

How to develop community mental health services

Identity capital

- a valued agentic self-identity

- identify which aspects of self-identity may bring a sense of uncertain, threatened or in crisis and secure

Hello. My name is…

Depression

PTSD

Biopolar

Anxiety

Self Harm

How to develop community mental health services

Personal capital

- internalization of problematic or constructive ways of seeing self and engaging with the wider world

- response pattern and coping strategies

- ways of surviving adverse life experiences

Open Dialogue

- Inclusive approach which involve family and friends in ongoing dialogue to understand and resolve unease and mental distress

- Focus on meaning and context

- Strong emphasis on social capital, employment and community engagement

Implications to Hong Kong

- Resuming the social context back to our work by drawing the attention of the public and co-operation from existing social resources

- Emphasis the voice of service users especially the adolescents

- Review the collaboration with the support network of the users

- Establish the role of mental health social worker