

# Supporting black men towards mental health recovery: The role of our communities

Date: 26.10.2017

Presenter name: Frank Keating

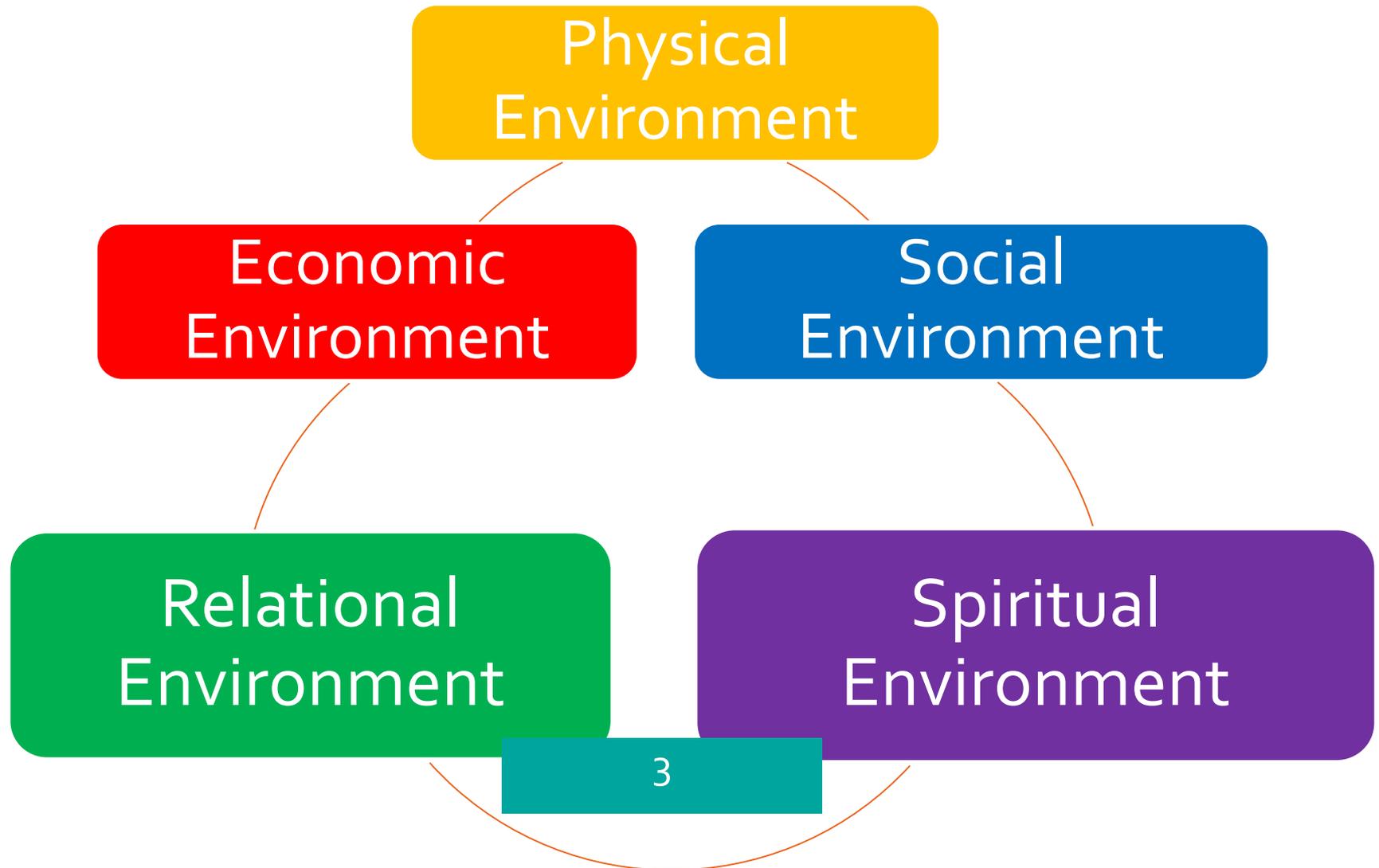


ROYAL  
HOLLOWAY  
UNIVERSITY  
OF LONDON

# Starting Questions?

Social Work

- What do we mean by Community?
- What do we mean by Recovery



“Achieving a meaningful life in the midst of illness”

- Person-centred ‘journey’
- Not an ‘end state’
- Reintegration into ‘the community’

- To identify what supports recovery for African and Caribbean men from a diversity of perspectives, and
- How services across all sectors can be developed to support these men better.

- Participatory Qualitative design
- Multi-site study
- Four interlinking stages
  - Scoping the literature
  - Triad interviews
  - Co-creation events
  - Expert symposium

# Some preliminary insights

- Divergent perspectives on what recovery means,
- Our analysis revealed three domains:



# Barriers to recovery

Social Work



- **Lack of ongoing support**
- **Depersonalised services**
- **Unsafe environments**
  - Relationships
  - Community
- **Lack of a Cultural response**
- **Lack of meaningful activity**

# The Environment

Social Work



# Recovery for Black men

Social Work



STRUGGLE STREET

- **Safe spaces to talk**
- **Safe institutions (includes family)**
- **Safe community environments**
- **A variety of routes to social inclusion**

- **Create ordinary life opportunities**
- **Create affirming environments**
- **Positive risk taking**
- **Harness Social Capital**
- **Help men to reintegrate into society**
- **For recovery to be a journey – men need travel companions**

- **How do we equip men to have value?**
- **How do we help men to reclaim self-value?**
- **How do we (re)place value on Black men?**

This presentation reports on some of the findings of independent research funded by the NIHR School for Social Care Research.

The views expressed in this presentation are those of the author(s) and not necessarily those of the NIHR SSCR, NHS, the National Institute for Health Research or the Department of Health.