



**SAMHSA's Resource Center to Promote
A D S
Acceptance, Dignity and Social Inclusion
Associated with Mental Health**

Moving Towards Social Inclusion

August 25, 2009



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
www.samhsa.gov

<http://www.promoteacceptance.samhsa.gov>



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The Moderator for this call is Michelle Hicks.



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Disclaimer

The views expressed in this training event do not necessarily represent the views, policies, and positions of the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, or the U.S. Department of Health and Human Services.



Questions?

At the end of the speaker presentations, you will be able to ask questions. You may submit your question by pressing '*1' on your telephone keypad. You will enter a queue and be allowed to ask your question in the order in which it was received. On hearing the conference operator announce your name, you may proceed with your question.





Speakers

Ken S. Thompson, M.D., Medical Director , SAMHSA's Center for Mental Health Services

Kenneth S. Thompson, M.D. Associate Professor of Psychiatry and Public Health at the University of Pittsburgh and Western Psychiatric Institute and Clinic, is the Medical Director of the Center for Mental Health Services (CMHS) at SAMHSA. In his role as medical advisor to A. Kathryn Power, Director of CMHS, Dr. Thompson provides comprehensive medical leadership in the diverse integrated planning, design, and implementation actions that relate to the CMHS programs and objectives. In addition to providing medical consultation and assistance to CMHS programs, he monitors the application of relevant American Medical Association and American Psychiatric Association professional standards to CMHS policies and programs.

A native of Pittsburgh, Dr. Thompson has worked for the past 15 years as a community psychiatrist in a wide variety of settings, including a primary care clinic, and HIV clinic, a State hospital, several disaster response teams, a homeless outreach team, and a community mental health center. He held an assortment of administrative, clinical, and teaching positions within these settings. Most recently he has worked with the Office of Mental Health and Substance Abuse Services in Pennsylvania, providing psychiatric consultation to the Harrisburg State hospital closure process.



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Speakers

Lynn C. Todman, Ph.D., Director, Adler Institute on Social Exclusion

Lynn C. Todman, Ph.D. is the director of the Institute on Social Exclusion (ISE) at the Adler School of Professional Psychology in Chicago, IL. Dr. Todman earned a B.A. from Wellesley College and a Master's in City Planning (M.C.P) and a Ph.D. in Urban and Regional Planning from the Massachusetts Institute of Technology (MIT). Dr. Todman's areas of interest include urban poverty, social exclusion, and community development. She is especially interested in the ways in which social, political, and economic structures systematically marginalize urban populations. Her work is multidisciplinary, drawing on fields such as economics, political science, sociology, public health, and systems' dynamics. She has lived and worked in Sweden, Belgium, the United Kingdom, and, most recently, in Italy where she worked with urban sociologists investigating the impact of urban transport policy on social welfare and the role of community participation in urban development processes. Dr. Todman is a member of the Corporation Visiting Committee for the Department of Social Sciences at MIT and a member of the Advisory Board of the Center for International Studies at MIT. She is also a member of the American Sociological Association, the International Sociological Association, and the American Planning Association.



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Speakers

Peggy Swarbrick, Ph.D., Director , CSP-NJ Institute for Wellness and Recovery

Margaret (Peggy) Swarbrick, Ph.D., O.T.R., C.P.R.P. is the Training Director for the Collaborative Support Programs of New Jersey, Institute for Wellness and Recovery , and a part time assistant professor in the Psychiatric Rehabilitation and Counseling Professions Program at the University of Medicine and Dentistry of New Jersey - School of Health Related Professions. Peggy's early personal challenges and experiences in the mental health system led to a career focused on promoting wellness within the mental health system. Peggy worked for many years as an occupational therapist. She worked in a variety of settings and she attempted to promote whole person wellness, recovery and health promotion services. She completed doctoral work at New York University. Peggy continues to publish and lecture on the wellness and recovery, self sufficiency models and peer (consumer) delivered wellness and recovery programs as key to systems transformation. Peggy devotes tireless energy to mobilize the consumer-survivor movement and system to address poverty and health disparities impacting peers. She developed and is the co-author of a monthly newsletter, Words of Wellness.



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Key Points on Social Inclusion

- * **Social inclusion is about the opportunity for wider participation in society's resources**

- * For people with mental health problems to recover and rebuild their lives they need access to those social, economic, educational, recreational and cultural opportunities, and physical health services, that most citizens take for granted
- * Social inclusion is not just about having access to mainstream services – it is about participation in the community, as employees, students, volunteers, teachers, carers, parents, advisors, residents; as active citizens.
- * Reducing barriers to inclusion requires integrated effort across government and non-government agencies at all levels, horizontally *and* vertically, influencing policy and practice through direct links to individual experience.



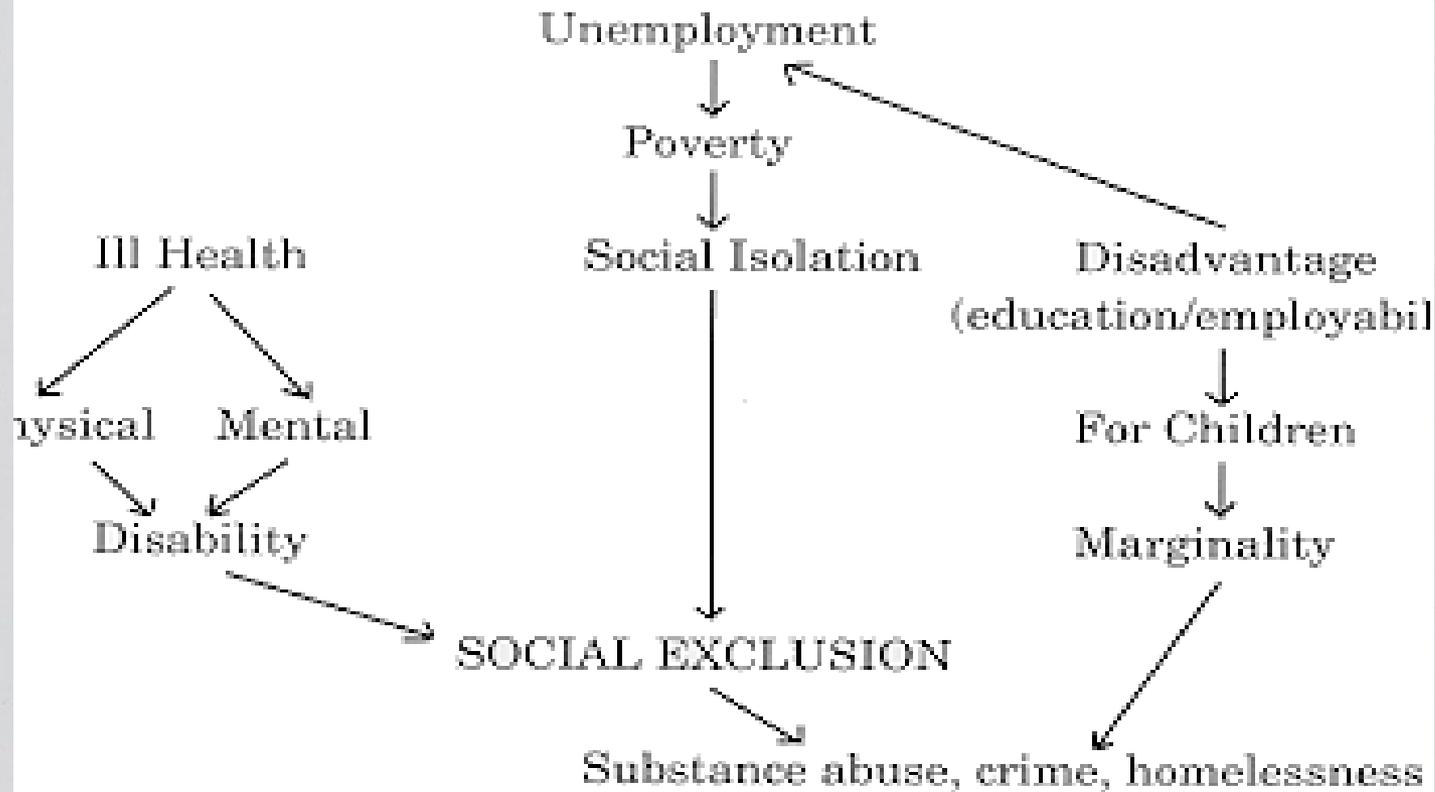
- * Social inclusion is supported through partnership working. The whole is more than the sum of its parts. Through partnership working, organizations from all sectors can build the bridges required to support community participation, active citizenship and build social capital.
- * Not just talking about serious mental health problems Social inclusion is also a key issue for people with more common mental health problems. It is about prevention and mental health promotion: about maintaining support, building resilience and community wellbeing.
- * The public sector duty is an active duty, not a passive one. Public sector duties on physical and mental health disability provide for active promotion of equality and opportunity within the requirement to act on discrimination. Statutory measures to promote equality are key to eliminating the barriers that exclude.
- * No challenge to exclusion can succeed without the full involvement of people with mental health problems. A co-productive approach, working with people with experience of mental health problems, is essential at every level of development and delivery.

* A sense of personal identity, aside from ill health or disability, supports recovery and inclusion. People with mental health problems are more than just a diagnosis and have valuable contributions to make, not just needs to be met. Services should support people to access the opportunities available within the many communities to which they belong and to make valued contributions as active citizens.

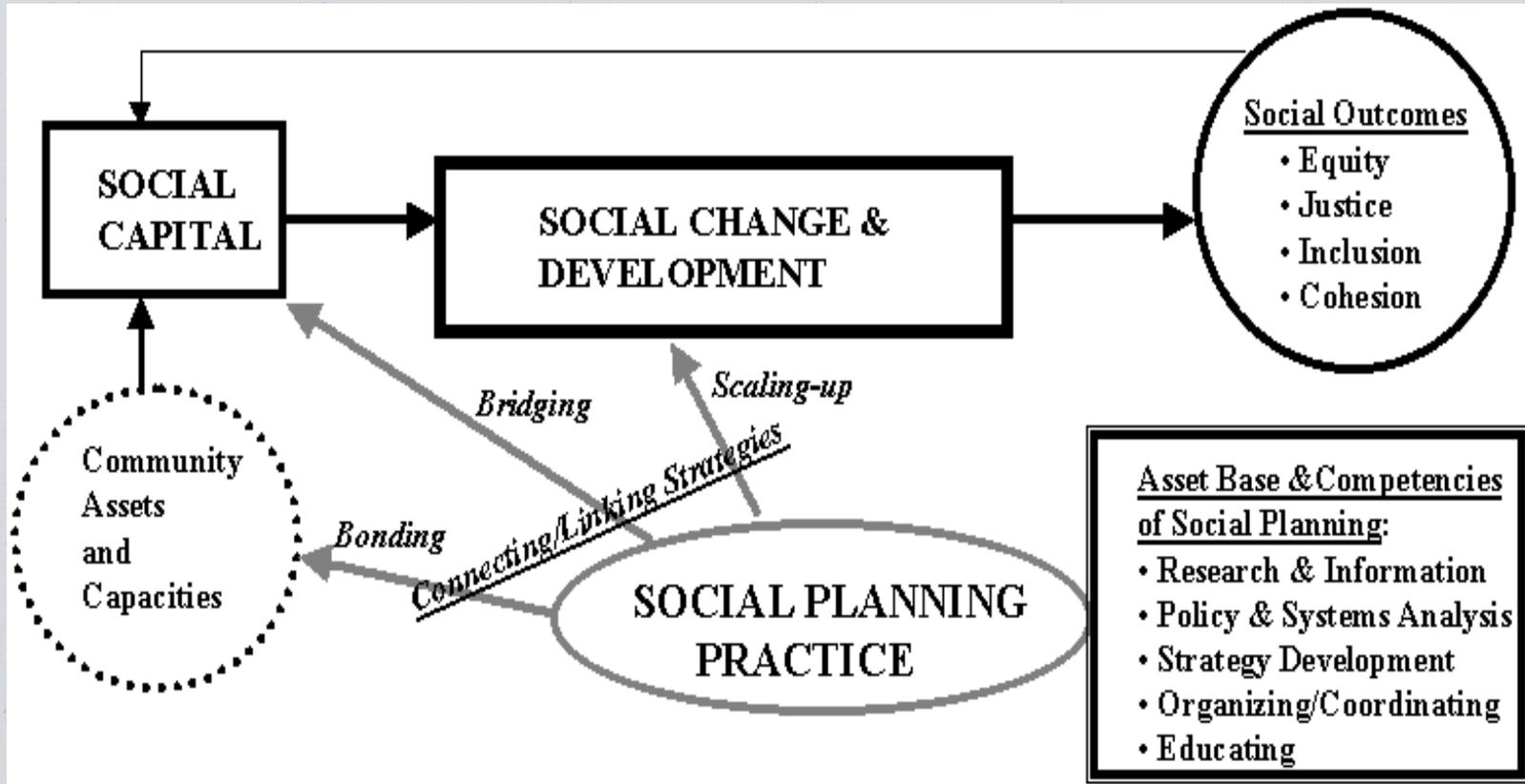
* To promote inclusion we need pathways from segregated service provision into mainstream services. Groups or activities solely for people with mental health problems may reinforce segregation unless they are part of a supported pathway into mainstream services accessed by everyone.

* Healthy workplaces are necessary to mental health and wellbeing. Stress, depression and anxiety are the cause of more working days lost than any other work-related illness. Workplaces and learning environments should support good mental health by providing an accommodating environment and showing a positive and enabling attitude.

Exclusion



Inclusion and Development



“MOVING TOWARDS SOCIAL INCLUSION”

*PREPARED FOR THE
SAMHSA ADS CENTER TRAINING CONFERENCE
AUGUST 25, 2009*

Lynn C. Todman, PhD
Director, Adler Institute on Social Exclusion
Chicago, IL

What is Social Exclusion?

Processes in which groups of people are systemically blocked from the rights, resources, and opportunities that are normally available to members of the society in which they reside.

Mechanisms By Which Social Exclusion Occurs: *The Structuring of Disadvantage*

- ❖ Dominant Attitudes, Values, and Beliefs
- ❖ Laws
- ❖ Public Policies
- ❖ Institutional Behaviors

A Framework for Working Toward Social Inclusion: *The Social Determinants of Mental Health*

- ❖ The *Social Determinants* of mental health may be described as the “...conditions in which people are born, live, work and age” (WHO 2007).
- ❖ “Social Inclusion” requires a policy and programmatic shift from away the heavy focus on *individual behavioral determinants* of mental health to the broader *social determinants* of mental health.

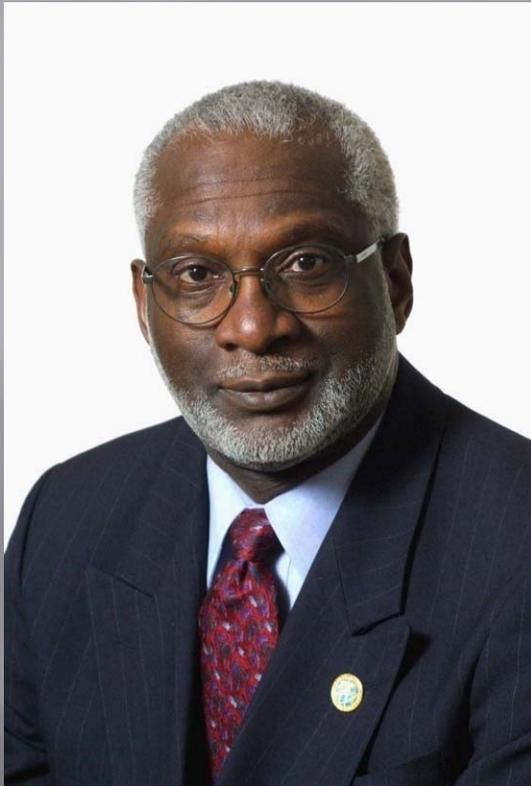
Implications of the Social Determinants Frame

Levels of Intervention



ISE CONFERENCE 2010

The Social Determinants of Mental Health: From Awareness to Action



June 3-4, 2010

Featured Keynote:

David Satcher, MD, PhD

The 16th Surgeon General of
the United States

For more information, contact
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Thank You!

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Social Inclusion: Personal Perspectives & Strategies

Peggy Swarbrick
August 25, 2009

Peggy Swarbrick

Collaborative Support Programs of New Jersey (CSPNJ), Institute for Wellness and Recovery Initiatives; University of Medicine and Dentistry, School of Health Related Professions, Department of Psychiatric Rehabilitation and Counseling Professions

- Share my *personal perspectives and experiences* related to social inclusion.
- Share *strategies* for promoting social inclusion.

pswarbrick@cspnj.org



Relevance: Social Inclusion/Exclusion

- People diagnosed with mental illness and other special needs are often excluded on many levels and do not have access to or are not encouraged to *participate* in the communities of their choice.



People diagnosed with mental illness face

- ❑ Multiple challenges- *physically, socially, emotionally, spiritually.*
- ❑ Sequelae of financial stress, trauma and abuse
- ❑ Poverty and the stigma of poverty.
- ❑ Poor living conditions
- ❑ Stress and strain associated with family separation.
- ❑ And many other challenges

Social Determinants of Health

- Income and social status
- *Social support networks*
- Education and literacy, i.e. *health literacy*
- Employment /working
- Social and physical environments
- Personal health practices and coping skills
- Child development
- Genetic factors
- *Access to health services*
- Gender
- Culture

Wilkinson, R., & Marmot, M. (2003). *Social determinants of health: The solid facts*, 2nd edition. World Health Organization Regional Office for Europe.



Peer Support

- We need to mobilize to create opportunities and establish relationships that effectively bridge individual and collective experiences to bring about positive change within our multiple communities of identity (work, neighborhoods, families, and as citizens of geographic region and as world citizens).

Peer Support cont.

- Support individuals in creating meaning and purpose in their lives, as they define it.
- Assist individuals identify and access personal and material resources (and natural supports) needed to experience high quality lives.
- In a challenging world, offer compassion, gentleness and understanding through respectful *helping relationships*.

Strategies

- ☯ Examine behaviors, attitudes, beliefs that may exclude others/exclude ourselves (self stigma).

Strategies

- ☯ Examine how the people around you define *social inclusion/exclusion*.
- ☯ What *thinking & behaviors* may include or exclude others.
- ☯ Be aware of the *culture* where you work, live, love or learn.
- ☯ What you can do to *role model* inclusive *behaviors and practices*.

Transforming Our Culture/Selves

	CONTINUE	STOP	START
Services, Policies, Procedures			
Behaviors			
Attitudes			



More information

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Resources

Vision and Progress: Social Inclusion and Mental Health

http://www.socialinclusion.org.uk/publications/NSIP_Vision_and_Progress.pdf

Social Determinants of Health: The Solid Facts 2nd edition

<http://www.euro.who.int/DOCUMENT/E81384.PDF>

World Health Organization - Mental health, resilience, and inequalities

<http://www.euro.who.int/document/e92227.pdf>

National Social Inclusion Programme

<http://www.socialinclusion.org.uk/home/index.php>

Adler Institute on Social Exclusion

<http://www.adler.edu/about/ISE.asp>



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Survey

We value your suggestions. Within 24 hours of this teleconference, you will receive an e-mail request to participate in a short, anonymous online survey about today's training material. Survey results will be used to determine what resources and topic areas need to be addressed by future training events. The survey will take approximately five minutes to complete.

Survey participation requests will be sent to all registered event participants who provided e-mail addresses at the time of their registration. Each request message will contain a Web link to our survey tool. Please call **1-800-540-0320** if you have any difficulties filling out the survey online. Thank you for your feedback and cooperation.

Written comments may be sent to the Substance Abuse and Mental Health Services Administration (SAMHSA) ADS Center via e-mail at promoteacceptance@samhsa.hhs.gov.

