

Empowerment in the UK

some examples and lessons

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Introduction

- Context for empowerment in the UK
- Underlying principles and values
- Levels at which empowerment occurs
- Some examples





Introduction

- Mental Health Foundation
- My experience and background
- The UK story so far...



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UK Context

The UK story so far...

- England
- Scotland
- Wales
- Northern Ireland



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Empowerment at different levels

- Strategic
- Community
- Organisation
- Individual



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Some different models/terms

- Service user led
- Peer led
- Co-produced



Example 1:

National Mental Health Forum

- A voice for service users and carers in Wales
- Wholly funded by Welsh Government
- Local and National membership
- Direct line to policy makers



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Example 1:

National Mental Health Forum

- About 50 members
- Meets 3 times per year
- Service users and carers
- Recruited but unpaid



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Example 2:

Self-management and peer support

- Lottery funded
- Over 1,000 participants
- Sits outside mental health services, but within communities
- Rolled out to other groups



Example 2:

Self-management and peer support

- Starts with individual goal setting
- Supported by collective problem solving
- Entirely service user designed and delivered
- All facilitators are former participants



Example 2:

Self-management and peer support

- Improves wellbeing and health lifestyles
- Improvement increases over time
- Gives people a chance to help others
- Could save money



Final thoughts

- It's the right thing to do
- It saves money
- It makes services, communities and lives better
- It gives us meaning



More information:

www.mentalhealth.org.uk

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www.peer-support.info

www.mentalhealthforum.wales



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