



Session Three

Culture & Community

Role of Culture in Mental Health Intervention

- The culture of the service user influences many aspects of the experience of mental health, mental illness, and patterns of health care utilization.
- The symptoms of mental distress are found worldwide, there are differences in the way that each person describes or presents their symptoms to their clinicians/practitioners. There are some well recognized differences in symptoms presentation across culture.
- Everyone, and not just those from cultural communities have “culture”, therefore clinicians must be mindful of their own perspectives and how these interplay with those of the clients and families (as relevant).

What is community- based mental health and social care? – MIND, 2013



Social care generally means any care or support you need to manage your day-to-day life resulting from your mental health needs. For example:



- Transport, such as using a taxi, minibus or bus pass to attend appointments or services



- Managing money, such as budgeting or paying the bills



- Managing relationships, such as relationships with friends, family or neighbours



- Housework, such as cleaning, cooking or shopping



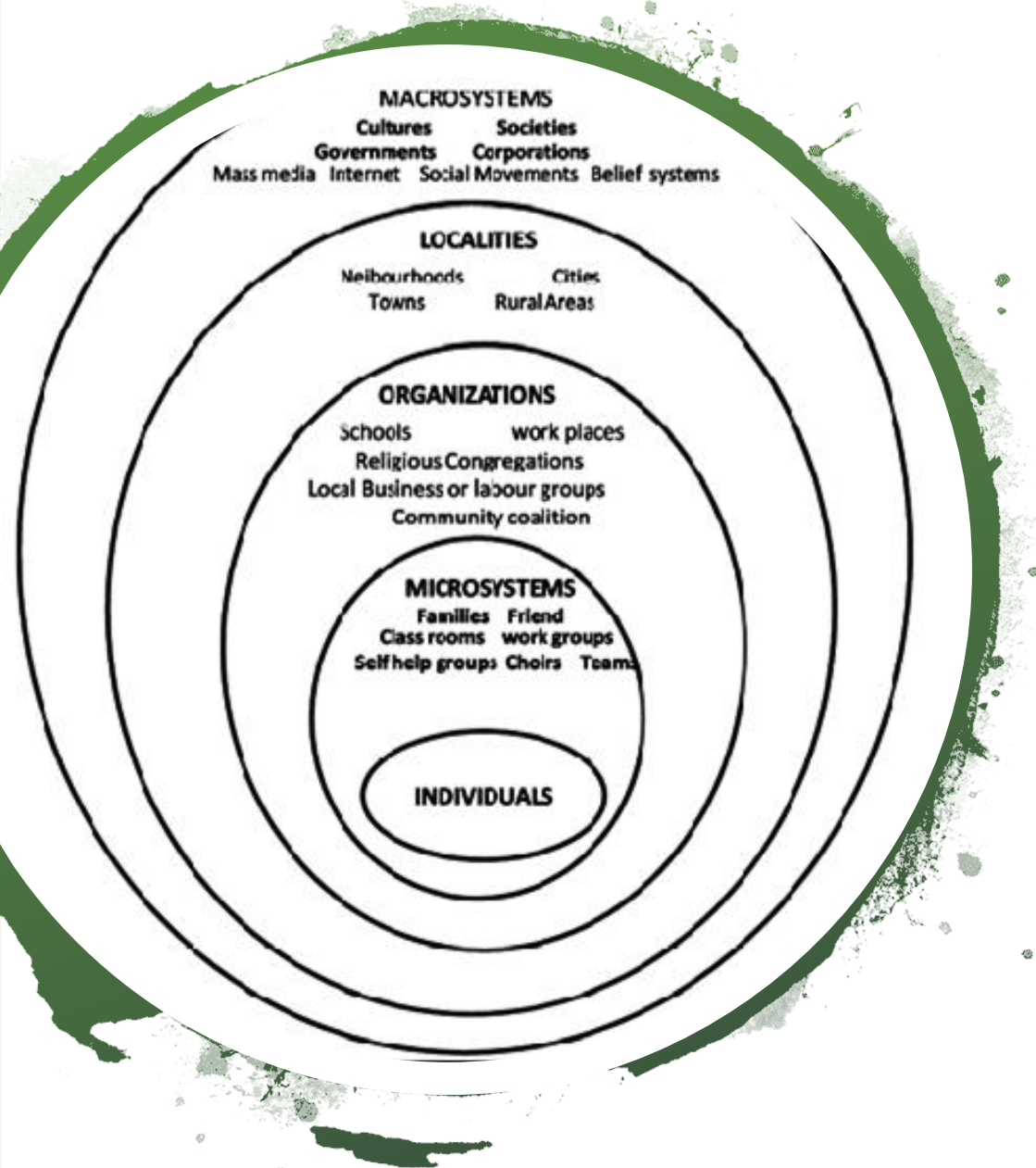
- Aids and adaptations to your home or help with mobility issues



- Using local services, such as peer support groups, employment services, or day centres



- Personal care, such as washing or dressing



What is Community Psychology?

Community Psychology - goes beyond an individual focus and integrate social, cultural, economic, political, environmental, and international influences to promote positive change, health, and empowerment at individual and systemic levels.

What is Community Psychology (CP)?

Orford (2008, p. xii) defines CP as follows:

“The central idea of community psychology is that people’s functioning, including their health, can only be understood by appreciating the social contexts within which they are placed. It is ‘community’ psychology because it emphasises a level of analysis and intervention beyond the individual and his or her immediate interpersonal settings”.

What is Community- Based Mental Health?

- Focuses on providing support beyond traditional psychotherapy to promote wellness.
- Focuses on action-oriented research to develop, implement, and evaluate programs.
- Focuses on building collaborative relationships with community members, groups, and organizations to solve social problems.
- Focuses on government, civic life, and workplace settings in order to understand and improve fair and diverse participation.

Community- Based Interventions



Space to write



Psychology in the Real World



WELD and MELD groups (women, men, empowerment and learning disability)



Social action therapy – The White City project

Community- Based Interventions

Social Action Therapy – Sue Holland (1992)

Individual level – focus on symptoms: ‘patients on pills’; medicalised identity

Personal level – focus on meaning of experiences: ‘person to person psychotherapy’;
One-on-one therapy to develop self-awareness

Social level – focus on shared meanings:
‘Talking in groups’; developing a collective understanding of their issues.

Political level – focus on fighting injustices of race, gender and class:
‘Taking action’; Using their collective voice, the women took action to negotiate for changes in their community to improve health and well-being.

Social Action Therapy

- Key influential outcome: formation of a self-help counselling and advocacy group called **Women's Action for Mental Health**.
- This group enabled women to challenge wider social systems and structures that limited their needs and choices.
- The project successfully balanced retaining state funding with its political aims for a considerable time, demonstrating the viability of integrating therapeutic and social action approaches.

What is community-based mental health and social care? – MIND, 2013

Community-based services for people with mental health problems are divided into health care and social care. Health care generally means any care you need to manage your mental or physical health. For example:

- treatments, such as medication or talking treatments (for example CBT, counselling or psychotherapy)
- crisis care, such as services in A&E • support from a specialist mental health worker or team, such as a psychiatrist, community mental health nurse (CMHN) or community mental health team (CMHT)
- preventative, or public health services, that aim to help people look after their mental health and prevent mental health problems.

Building Resilience in the Community

What makes resilient people?

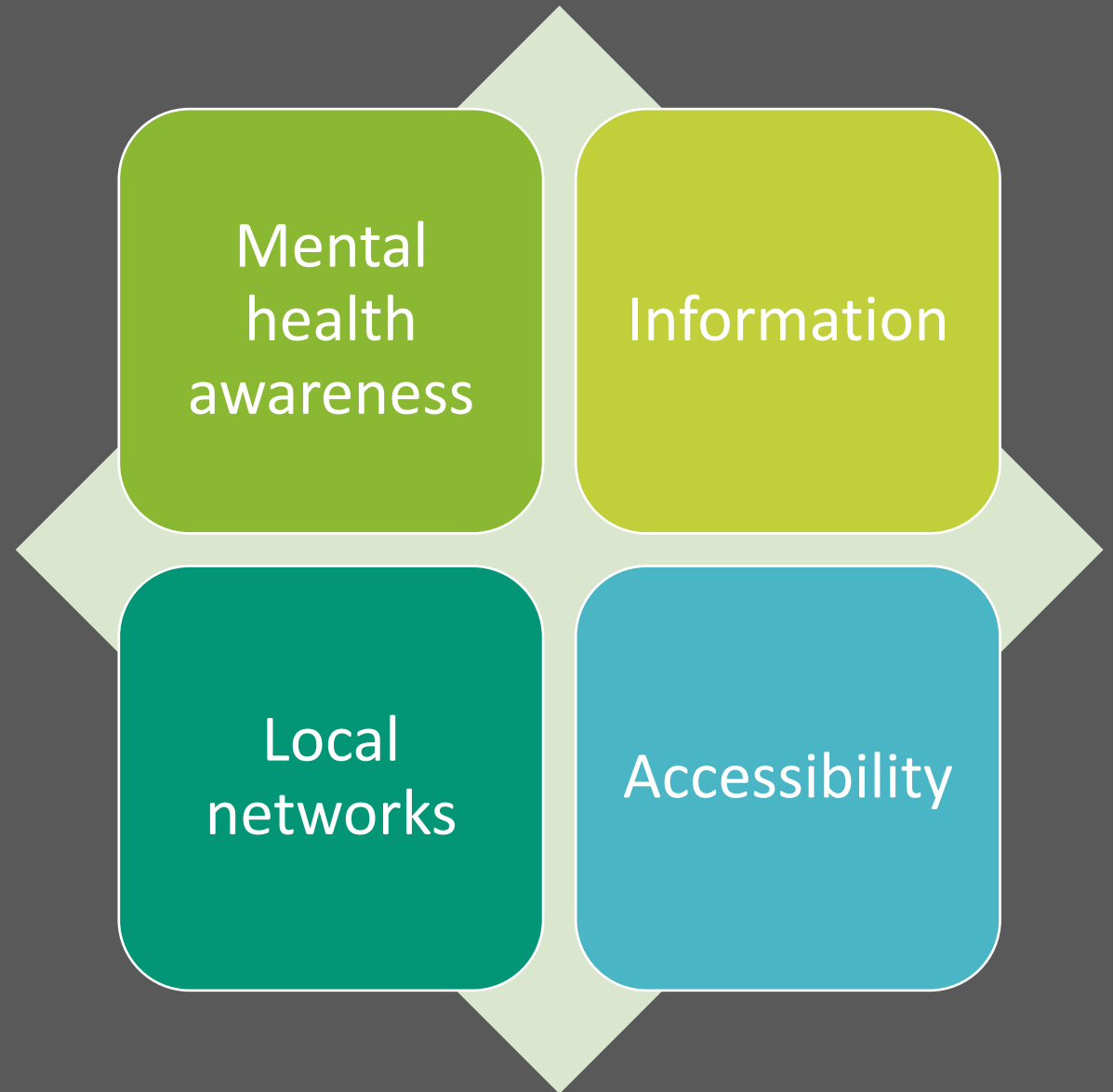
Activities that promote wellbeing

Building social support (and connection)

Developing healthy coping strategies



Building Resilience in the Community



Building Resilience in the Community

“To be successful local partnerships have to address the root causes of poor health and languishing but recognition of the interconnectedness of feeling good and functioning well may enable policy makers, commissioners, providers, communities and individuals to work together to mitigate the worst effects and to build resilience for the future.”

(Smith & Corlett, 2012 - The Lambeth Wellbeing and Happiness Programme)

Building Resilience in the Community



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

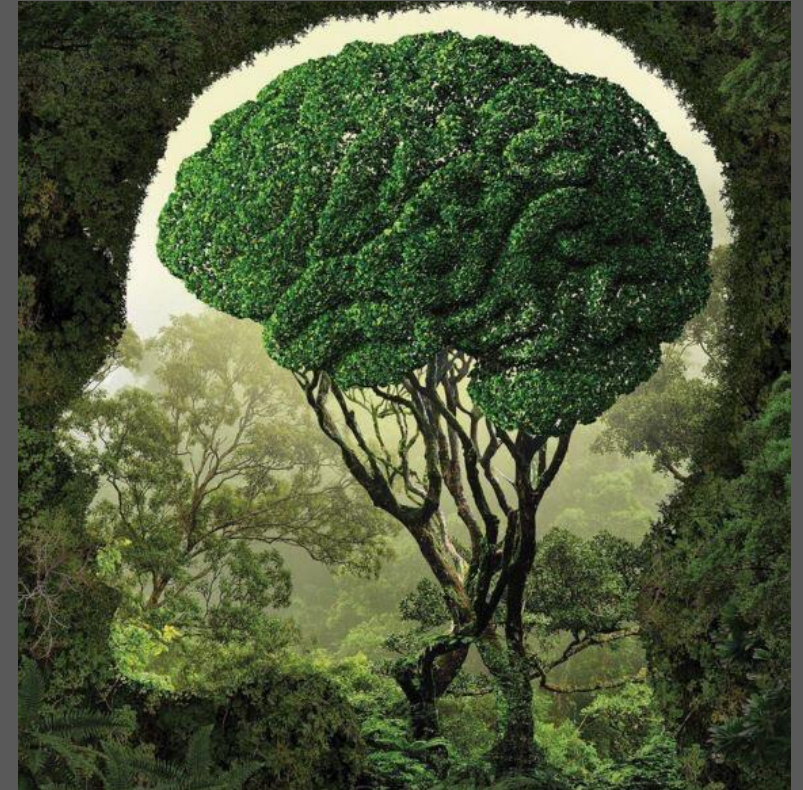


Your time,
your words,
your presence

Building Resilience in the Community

Mental health projects focusing on wellbeing:

- Actif Woods (Mind Swansea): [Coed Lleol \(Small Woods Wales\)](#)
 - Mindful walking
 - Woodland crafts
 - Tool use and shelter building
 - Social activities in a natural environment
- TONIC: Prioritises wellbeing in the workplace
- Care Farming (Pembrokeshire) [Clynfyw Care Farm](#)
 - Community Interest Company (CIC) that supports adults with learning disabilities, mental health recovery, and other vulnerable people
 - e.g. horticulture, animal husbandry, arts and crafts, and accredited training courses, as well as supported living and day services.
 - Community activities e.g. Farm shop



Building Resilience in the Community

Mental health projects focusing on wellbeing:

- The Mind and Body Project
- Ecominds (University of Essex)

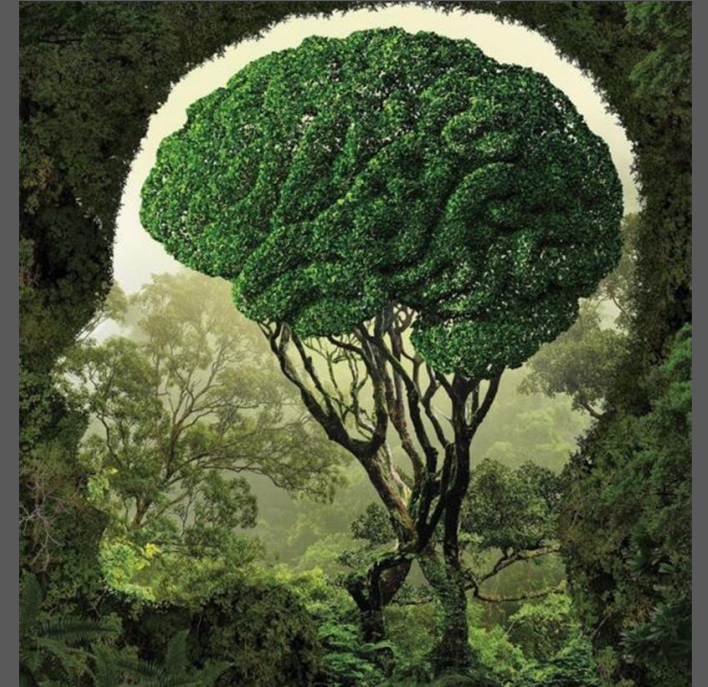
Funded by MIND and the Lottery

[Ecominds reaps rewards for mental wellbeing - News - University of Essex](#)

‘Feel Better Outside, Feel Better Inside: Ecotherapy

- Nature connection (University of Derby)

Online ‘Nature connectedness’ short courses



Nature Connection & Wellbeing



IJW

Capaldi, C. A., Passmore, H.-A., Nisbet, E. K., Zelenski, J. M., & Dopko, R. L. (2015). Flourishing in nature: A review of the benefits of connecting with nature and its application as a wellbeing intervention. *International Journal of Wellbeing*, 5(4), 1-16. doi:10.5502/ijw.v5i4.449

ARTICLE

Flourishing in nature: A review of the benefits of connecting with nature and its application as a wellbeing intervention

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Abstract: From the increasing number of people living in urban areas to the continued degradation of the natural environment, many of us appear to be physically and psychologically disconnected from nature. We consider the theoretical explanations and present evidence for why this state of affairs might result in suboptimal levels of hedonic and eudaimonic wellbeing by reviewing the large body of research on the mental health benefits of connecting with nature. The advantages of contact with nature as a potential wellbeing intervention are discussed, and examples of how this research is being applied to reconnect individuals to nature and improve wellbeing are given. We conclude by considering the limitations of, and proposing future directions for, research in this area. Overall, evidence suggests that connecting with nature is one path to flourishing in life.

Keywords: nature, nature connectedness, flourishing, subjective wellbeing, hedonic wellbeing, eudaimonic wellbeing, human-nature

1. Introduction

From ancient Chinese healers to Western writers such as Henry David Thoreau, the belief that connecting with the natural world improves wellbeing repeatedly appears throughout recorded human history (Selhub & Logan, 2012). Despite the durability of this belief over time and across cultures, numerous trends suggest that many are ignoring this time-tested wisdom, and are disconnected, both physically and psychologically, from nature.¹ Since 1950, the percentage of the world's population living in a relatively nature-impooverished urban milieu, versus the nature-rich surroundings of rural life, has almost doubled from 30% to 54%, and is as high as 82% in North America (United Nations, 2014). The shift to urban living is expected to continue and become even more pronounced as the twenty-first century progresses. In financially wealthy, industrialized nations, less than 10% of each day, on average, is spent outdoors (Evans

¹ For the purpose of this article, our conceptualization of "nature" is similar to the definition outlined in Hartig, Mitchell, de Vries, & Frumkin (2014). Specifically, we define nature broadly as environments and physical features of nonhuman origins, ranging from plants to non-built landscapes. This conceptualization corresponds well with how nature is commonly operationalized by researchers; it is also in line with lay conceptions of what constitutes nature (Vining, Merrick, & Price, 2008; cf. Descola & Pálsson, 1996). We believe that this conceptualization offers a representative view of the literature on this topic, yet includes variation that might be parsed more precisely in future work. It is important to note that nonhuman animals fall under the umbrella of some conceptualizations of nature, but will not be focused on in this review (see Amiot & Bastian, 2014 instead).

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Social prescribing – addressing people's needs in a holistic way

GPs and other healthcare professionals can refer people to a range of local, nonclinical services, supported by a link worker or connector



Social Prescribing

Social Prescribing

- Browly by Bow Centre: <https://www.bbbc.org.uk/services/social-prescribing-for-health-and-wellbeing/>
- Social prescribing: A part of something bigger: <https://www.kingsfund.org.uk/blog/2018/12/social-prescribing-part-something-bigger>



Social Prescribing (Wales)

Social prescribing growing in Wales | GOV.WALES