CHOICE

Challenging **H**ealth **O**utcomes - **I**ntegrating **C**are **E**nvironments

Funded by

UKRI

Arts and Humanities Research Council

The **Bamford Centre**
for Mental Health and Wellbeing

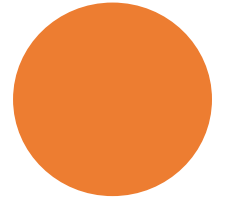What is CHOICE and what are we trying to do?

CHOICE - a community coalition

- 2nd phase of the £26 million, UK Research and Innovation (UKRI) Mobilising Community Assets to Tackle Health Inequalities.

- Social exclusion and poor physical health of people living with severe mental health problems (SMI).

- Community-based Participatory research

- Arts-facilitated methods

- A whole-systems approach to engage key public, private and voluntary stakeholders

- Co-design solutions to health and social inequalities.

Challenging Health Outcome

CHOICE –team

Professor Gerard Leavey

Dr Pamela Whittaker

Ken Grant

Dr. Ian Miller

Professor Mark Tully

Professor Gavin Davidson

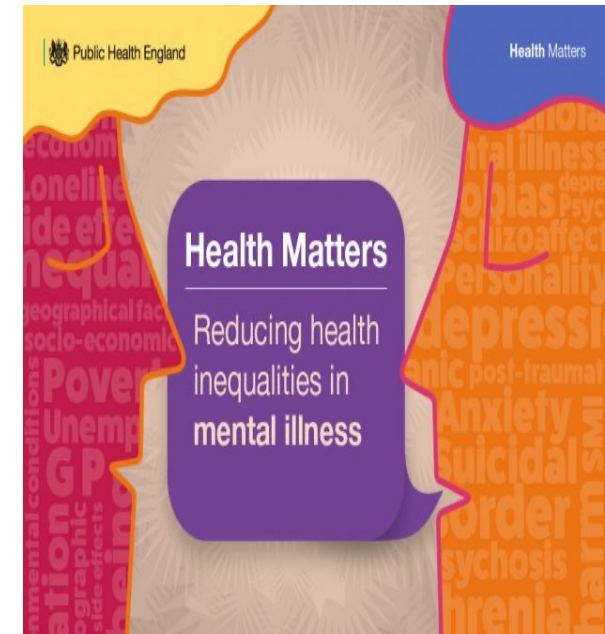Michelle Howorth

Dr. Saul Golden

Dr. Gavin Breslin

- Health Services Research
- Art Therapy
- Photography
- Oral History
- Public Health
- Social Work
- Inspire Wellbeing
- Architecture & Design
- Sports Psychology

SMI – social exclusion and physical health

- Stigma/Discrimination
- Overshadowing
- Loneliness and social isolation
- Unemployment
- Skills deficit (digital exclusion)
- Anxiety
- Low self-esteem
- Socially invisible

- Poor diet
- Low physical exercise
- Cigarette and alcohol use
- High sugar consumption
- Side effects of psychotropic meds

Poor Health Outcomes

Public Health England

Health Matters

Health Matters

Reducing health inequalities in **mental illness**

NHS England - THIN database
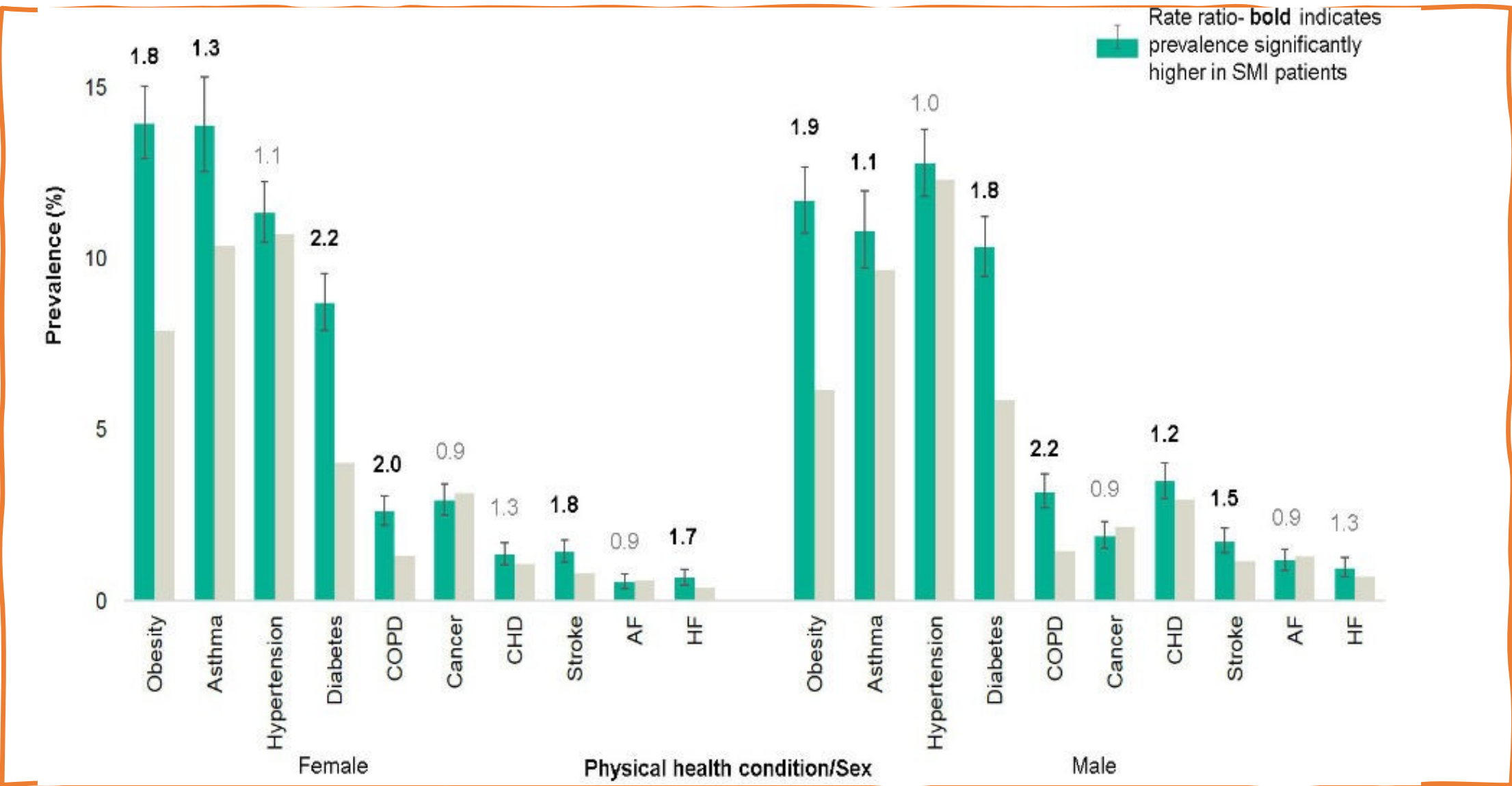
Prevalence of various health conditions: comparison of SMI and Non-SMI by sex

Some key challenges

- Problems of diffuse responsibility and short-termism

- Engage and empower Experts-by-Experience.

- Engage and educate caregivers

- Connect and influence Policy makers

- Engage major asset holders

-

Self-stigma – internalized beliefs, shame	Public Stigma – discrimination, prejudice
Institutional stigma – policy and practice	Affiliate Stigma – families and friends

- Bringing together fragmented agencies for a common goal.

- Mapping their initiatives and sharing knowledge

- Developing a coordinated and sustainable plan

- Making 'the invisible' – visible ensuring policy impact.

Progress

Established our Community Advisory Board – Co-chaired with Expert by experience

Building coalition membership – extending beyond Belfast

Consultations with key stakeholders

An arts symposium (May 25th) hosted by the MAC

Community Asset Mapping

Undertaking PhotoVoice workshops and Focus Groups – Understanding and removing barriers

Scoping Review –NI Mental Health research and policy (health and social disparities among SMI

CHOICE website

https://www.ulster.ac.uk/research/topic/psychology/projects/choice