

Call to Action?!

**Self-advocacy
- get moving!**



**Personalisation
Conference 25/09/09**

CoolTan Arts

How many 'acted'?! ---

- **The Tsar – 2006 a call to action to deliver Direct Payments**
- But, by March, 2007, just 2,085 people with mental health problems received direct payments. With around 300 people with mental health problems having personal budgets (the social care component of individual budgets) Ref 1.
- **And now?**

See Ref 2 and Panel question and answer sheets

Personalisation – it's up to you!

- **Do recent government policies agree?**
- **Medical or non-medical model?**



- **Mental Health Advocacy**

- **A Mental Health Advocate provides practical support enabling individuals with mental health issues or in emotional distress to make informed choices, to represent themselves and to obtain services they may need, which could include:**

Self-advocacy

- Self-advocacy empowers people with direct experience of mental distress. By learning skills and practising them to get your views known and acted upon - to advocate for yourself - you can take control over your own recovery and assert your rights.

A new dawn? An irreverent poem!

The Psychiatrist stages an opera

Take it off the Tin Drum blueprint
AutoCAD the Song of Songs
write the soundtrack bring to the fifteenth floor
rhyme the chorus - I know him -
moans like Brel -
I know my divas - if the contract's right
and the venue won't pump too much sweat - they'll sing.
Recovery? Mine – not yours! Lock the door,
don't give in to threats – nine hours to go,!

Comic Relief at CoolTan Arts

- Self-advocacy skills training course - how participants could increase self-confidence
- Putting skills into practice for personalising life!
- **Your HORIZONS??**

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References from slide 2 – the mental health Tsar’s call to action on Direct Payments, and what happened next...

- 1. Mental Health Tsar reference: “Direct payments for people with mental health problems: A guide to action” National Institute of Mental Health in England (NIMHE) Document type: Guidance. Primary audience Professionals, Chief Executives, Communication Leads, Directors 1 February 2006 Product number 272191 gateway reference 5275 Pages 28 Copyright holder Crown <http://www.dh.gov.uk/en/index.htm>
- 2. www.psychminded.co.uk
- http://www.psychminded.co.uk/news/news2008/nov08/individual_budgets_mental_health003.htm