

# QI Project: Reducing re-admissions under the mental health act for black men in EQUIP

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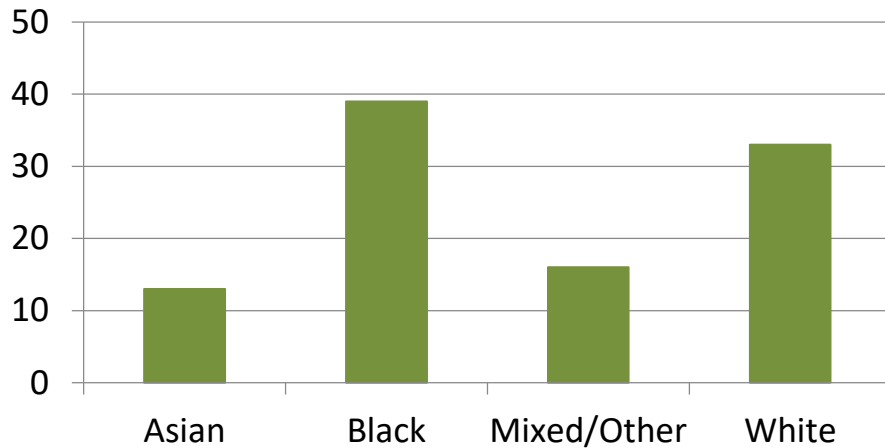
My lived experience...



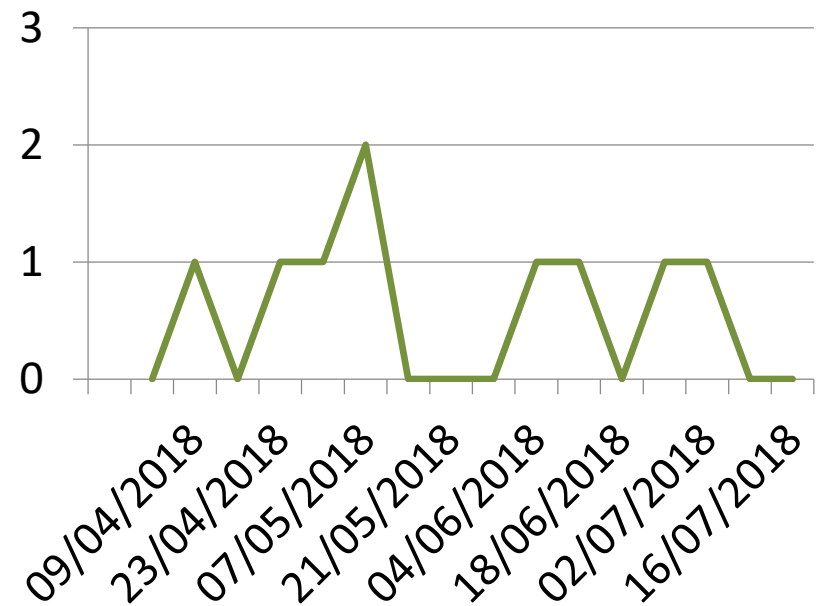
# Problem



Number of admissions  
(male 2015-2016)



Number of re-admissions per  
week



# Staying out of hospital?



- ▶ What's helpful?
- ▶ What's not helpful?



# Factors – service users

- ▶ Housing
- ▶ Employment or study
- ▶ Relationships with, and support from family
- ▶ Substance misuse
- ▶ Spirituality and religion
- ▶ Accessing and trusting the mental health service
- ▶ Reflection, Self-esteem, Identity and Motivation for change
- ▶ Experience of racism

“you just have to work much harder when you’re a black man”

*- What helped you stay out of hospital?*

*- I made these things happen - I got to College and in housing*



# Factors - carers

Higher-Order Themes	Sub-Themes	Higher-Order Themes	Sub-Themes
<b>1. Wider Context</b>	Adversity faced by patients and carers	<b>3. Mistrust of 'the system'</b>	Negative consequences of care
	Police involvement		Keeping quiet
	Mental health stigma		
<b>2. Disempowering of families</b>	Not receiving help	<b>4. What helps</b>	Carers' role in helping son
	Not having a voice		Positive experiences of services
	Being treated differently due to race		Ideas for improving services



# Factors - carers

Higher-Order Themes	Sub-Themes	<i>"It's just so normal these days. Even knife, we're so used to it now that it doesn't shock us anymore" (P3)</i>	
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<b>2. Disempowering of families</b>	Mental health	<p><i>"I don't say it because I'm thinking if I say it, it's going to get worse. Because saying it isn't going to change anything, you know? Even if you shout, you're not going to get anywhere" (P6)</i></p>	
	Not receiving		Carers' role in helping son
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Thank you!

