

*Improving the lives of mothers and families affected
by pre and postnatal
depression and anxiety*



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Acacia - who are we?



- A Birmingham based volunteer-led Christian charity, supporting families for 20 years
- Providing services for both mums and dads/partners experiencing pre and postnatal depression and/or anxiety (mild to moderate)
- We are inclusive of all people and faiths – recognising the diversity that exists in all of God's children - providing free services with a particular focus on vulnerable groups.
- Funded by NHS commissioning, Trusts, Foundations and individual giving.





In the beginning...



- Acacia was 'birthed' in 2003 by two local mothers who both experienced severe postnatal depression and were determined to help other families
- They developed a listening and befriending model to come alongside moms and families who were experiencing perinatal depression and anxiety
- Today a team of just over 30 trained staff and almost 60 volunteers
- One thing which makes us unique is that most of our staff have experienced, and recovered from, postnatal depression or other mental illness at some point in their lives



Who am I?

- Registered Nurse
- Worked in statutory and voluntary sector for over 30 years
- For the last 20 years have focussed on the development of services that remove barriers and meet the needs of vulnerable and diverse groups.
- Worked with the homeless, NZ indigenous people, Acacia



What have I learnt (if anything)?



Are you listening?

Do you honour/respect me?

Openness

Flexibility

Readiness

- Common Themes
- Cultural competency is a red herring
- Perceived cultural competency becomes its own barrier
- The pressure to be seen to have all the answers is exhausting and counter productive

2 Key Factors

Relationship/Trust/PSW

Awareness raising/population
health approach/community
champions/PSW



Cultural Humility – what is it?

Approaching each person as an equal with genuine interest – recognising ‘othering’

Being openly curious and not afraid to ask.

Removes the pressure to be seen as culturally ‘competent’ and fix everything

An effective approach to lifelong learning without all the seminars and books!

Cultural awareness and knowledge is not unimportant but it isn't the most important thing by a long shot.

https://youtu.be/c_wOnJJfxE



A key aspect of cultural humility is open discovery questioning



This helps us to learn more about a person's world and the best type of support for them.

Open Discovery questions remove the *judgement* from the question.

The irony is that being vulnerable and asking questions instead of trying to give the impression you are competent helps the other person to feel more connected, valued and consequently more open.

Examples

- Can we spend the next 5 mins talking about a 'typical day', so that I can start to understand how we can develop a plan for your support?
- *We have 20 minutes. I'd like to start by hearing what you'd like to talk about/discuss today. Of those, which is the most important to you?*
- *The main things I'd like to ensure we cover are...Is it OK if we focus on X and Y, and arrange another appointment to talk about Z?*
- *Is there anything else important to you that we haven't covered?*

Free films for social media and waiting rooms



Multi lingual perinatal mental health short films





How do I access the films?



To view the films and access the link to Youtube for the embed code visit our page:

www.acacia.org.uk/bame/videos

To get the film files please email your request to

teamacacia@acacia.org.uk





Take Home

- Awareness raising is important
- PSW model works well
- You don't have to be the expert (phew!)
- Open/curious questioning is like magic
- When we talk about life long learning we're not talking about whittling you life away in endless seminars
- Haven't we heard this all before (person centred approach)?



Thankyou – Questions?



www.acacia.org.uk/bame

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