

Service User-Led Healthcare Provider Education Programme

We are pleased to introduce the new breakthrough education and research programmes focused on ending discrimination and promoting recovery, inclusion and respect for the human rights of people who experience mental distress, led and delivered by experts with personal lived experience.

We live in a world where we are treated differently - disabled by prejudice, discrimination and social exclusion in response to our experiences of mental distress. Our ultimate goal is to contribute to creating a different world - one where our experiences of mental distress are recognised and respected as an element of natural human difference and diversity, and are NO barrier to us being able to experience recovery, inclusion, and to exercise our human rights on an equal basis with all others: a World of Difference that will make the World of Difference to those of us who experience mental distress.

These programmes involve us working with two groups: the Police and Healthcare providers. This is the first of what will be quarterly newsletters detailing our work with Healthcare providers. If you are also interested in our work with Police please get in touch to receive the equivalent newsletters pertaining to that programme.

With the support of funding from the Health Promotion Agency as part of Like Minds, Like Mine, a new service-user led, contact-based healthcare education programme has been developed in the Department of Psychological Medicine at the University of Otago Wellington as part of the overall psychological medicine programme, with the primary aim being to counter discrimination and promote recovery, social inclusion and respect for human rights.

Discrimination has multiple drivers, but the lack of systematic training and awareness raising for Healthcare providers on human rights as they apply to mental health allows discrimination to continue in health settings.

From 2018 the new programme is being delivered to 5th and 6th year undergraduate medical students, 1st and 2nd stage, and senior psychiatric registrars.

By targeting student and trainee psychiatrists in the tertiary education setting, the new programme aims to shift attitudes and effect sustainable, inclusive, behaviours of these future Healthcare professionals.

The overall learning objectives of the programme are to:

- Gain an understanding of the concepts of stereotypes, prejudice, discrimination, the denial of rights and recovery and the relationships between them
- Gain an understanding of what individuals and services can do to promote people's recovery and wellbeing, and respect and protect people's human rights





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He Ao Whakatoihara kore

- Be able to appraise how individuals and services promote people's recovery and wellbeing and explore how this can be improved
- Be able to appraise how individuals and services respect and protect people's human rights and explore how this can be improved
- Be able to consider all of the above in relation to tikanga Māori models and Pacific models of health and community practice

The programme includes full and half-day workshops, full day placements with service user- led organisations, tutorials, readings, supervision, and assessments; and has been developed based on the recently published World Health Organisation Quality Rights Initiative training tools and the latest evidence-based literature pertaining to countering Healthcare provider discrimination.

The programme is being comprehensively evaluated in terms of short and long term attitude and behavior change.

Longer term we will offer support and mentorship to medical schools and other Healthcare training providers, professional Healthcare bodies, and workforce development organisations, keen to implement and support an equivalent programme. If this may be something you would be interested in please get in touch.

Next newsletter: Meet the *World of Difference* Healthcare Provider Education Team

In the meantime, contact Jeremy Tumoana (Service User Responsiveness Māori) jeremy.tumoana@otago.ac.nz if you would like to be included on the mailing list to receive these newsletters directly; or Dr Sarah Gordon (Programme Lead) sarah.gordon@otago.ac.nz if you would like further information about the programme.



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