

BSL HEALTHY MINDS FROM SIGNHEALTH

Deaf People and Psychological Therapies

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- Different types of deafness
 - Age related
 - Through illness
 - Deaf from birth (BSL/Oral)
- BSL as a language
- Poor literacy & socio-economic effects
 - Worldwide problem
 - UK Deaf children 35% leave school with GCSE (hearing 65%)
 - Poor reading & writing
 - Un-employment & under-employment
 - Gap in world/social knowledge

- General health access issues
- Written word – low level of literacy
- Spoken word – format of many services
- Poor developmental understanding – lack of understanding from hearing perspective on Deaf people's upbringing
- Lack of cultural-linguistic matching
- Inconsistency of psychological therapy provision in England
 - Must use interpreters (50%)
 - Mainstream then specialist service (30%)
 - Straight to specialist service (20%)

Current provision

- **Inequitable care**

- Poor health outcomes
- Excluded from general mental health care

- **Accessing appropriate care**

- Communication barriers with GP's
- GP lack of understanding of Deaf services acts as a barrier
- Doubt over communication support
- Lack of understand of Deaf person's perspective from health professional
- Lack of accessible health related information

Current provision

- General health access issues
 - Poor stepped care pathway
 - Lack of choice
 - Hard to reach minority group
 - Small numbers
- Provision of accessible information
 - Poor literacy skills = lack of health knowledge
 - Single point of access – telephone
 - Appointment letters in English
 - Homework from therapy sessions – in English
 - Lack of cultural-linguistic adaptation



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- IAPT set up in 2008 – not accessible for Deaf people
- BSL Healthy Minds set up in 2011 to address gap
- National service
 - F2F
 - Online
- IAPT Plus compliant service
 - CBT
 - Counselling for Depression
 - Couples Counselling
 - EMDR Therapy
 - Online therapy – cCBT/Live therapy

What do we do differently?

- All materials tailor-made to match client's language
- Option of written or BSL video clips for their homework
- PHQ, GAD and WSAS in BSL
- Recognition of general knowledge is lower – research via friends, family & media
- Self help materials in BSL
- Knowledge of local specialist services for Deaf people
 - Deaf job club
 - Deaf support group
 - Deaf clubs
 - Voluntary organisations that support Deaf people

Social Media

- Useful for Deaf BSL users to see various clips of mental health/wellbeing
- Reduces stigma
- Improves dialogue and understanding of mental health
- Makes other organisations aware of what we are doing

BSL Healthy Minds
25 February · 🌐

If you see one of your friends or family feeling depressed, or sad, or alone, please don't ignore them. It's important to talk.
Danielle explains why.

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Psychological Therapy with BSL Healthy Minds

- Therapy is direct
- Therapy is in BSL/Oral
- Information/resources is in BSL or BSL English if written
- Culturally and linguistically matched
- Risk detected sooner and managed appropriately
- Cost effective
- Possibly less sessions as issues identified and worked with more quickly
- Higher percentage of recovery

Commissioning Guidance

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Joint Commissioning Panel
for Mental Health

www.jcpmh.info

SignHealth

www.signhealth.org.uk

Guidance for commissioners of
primary care mental health
services for deaf people

Practical
mental health
commissioning



Online Therapy & cCBT

- Current online/cCBT providers not accessible for Deaf people
 - Approached several to see if can work in partnership
 - Not possible due to high costs to make it accessible
 - Many materials not suitable for Deaf people
 - Most is in written text and sound based
- Bespoke online platform specifically for Deaf people
 - Live therapy via video call on secure platform
 - Clinically guided cCBT
 - 6 week Anxiety – Deaf focussed
 - Deaf friendly resources i.e. plain English and BSL

Online Therapy & cCBT

- Value for money and cost effective
- Reach out to isolated Deaf people i.e. rural areas
- Provide Deaf people with opportunity to access self-help learning
- Meet Government objectives of preventing depression & anxiety
- Gives Deaf people a choice

Contact

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Useful References

- Emond, A., Ridd, M., Sutherland, H., Allsop, L., Alexander, A. and Kyle, J. (2015). The current health of the signing Deaf community in the UK compared with the general population: a cross-sectional study. *BMJ Open*, 5 e006668
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Questions?

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