

Links to other Projects

This project outlines the issues that children and young people who have learning disabilities, mental health problems and who come from ethnic minorities face. It provides tools to support these people. There are an array of other resources that are available to increase knowledge of the specific issues and some of these are detailed below. Although they do not cover all the aspects detailed within this resource there may be something to help better support a young person and their family. See Handout 11 for a list of useful web-based resources and links to relevant organisations.

Mental Health

The Afiya Trust

The Afiya Trust is a London based, black and ethnic minority (BME) led organisation with a nation-wide remit to reduce inequality in health and social care provision for racialised groups.

www.afiyatrust.org.uk

Black Mental Health Network

The network aims to reduce inequality and promote good practice in mental health for racialised groups. This is through providing and sharing information and giving opportunities for carers, users and workers to lobby their concerns at political levels.

www.bmentalhealth.org.uk

Clear Thoughts

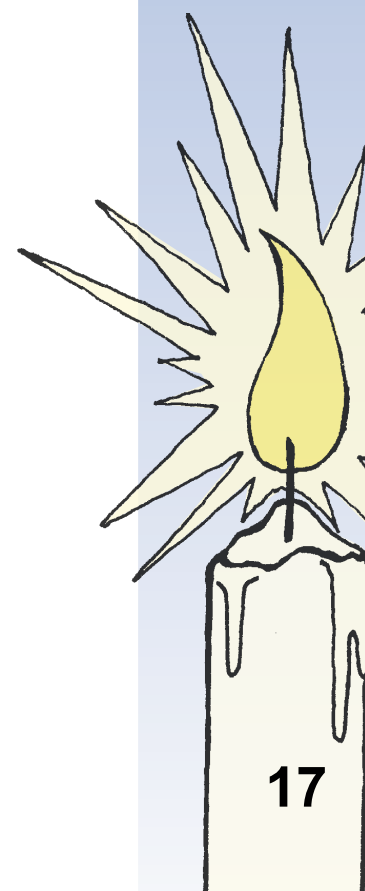
Clear Thoughts is the mental health in learning disability knowledge centre. It offers easy to read information about positive mental health, mental ill-health, possible treatments and has a range of useful links and resources.

www.clearthoughts.info

Mental Health Foundation

The Mental Health Foundation research aspects of mental health to learn about what makes and keeps people well. They have lots of information on their website and links to projects they are involved in.

www.mentalhealth.org.uk



MIND

MIND is a national Mental Health organisation and promotes support for people with mental health problems by challenging government policy and giving access to important information about mental health.

www.mind.org.uk

National CAMHS Support Service

The organisation have a useful website that is aimed more at CAMHS professionals than Tier One staff but does have examples of good practice, training opportunities and news updates.

www.camhs.org.uk

SEAL – Social Emotional Aspects of Learning.

This is a resource for primary school age children, published by DCFS. It is part of the Behaviour and Attendance (B and A) project and offers a framework for promoting social, emotional and behavioural skills. Information and resources can be downloaded from the Behaviour and Attendance website including teaching plans and ways of talking to young people about the different issues that may impact upon their mental health.

www.bandapilot.org.uk

SCAMHP – Short Child and Adolescent Mental Health Programme

This detailed training pack comes in the form of a disk with a PowerPoint presentation and notes for trainers. It can be obtained for free by contacting, **Hayley.Hegarty@nimheneyh.nhs.uk**

UK CAMHS and Learning Disability Network

This email network is for professionals working with young people with learning disabilities who have mental health problems. It is a good way of keeping in touch with national practice but also offers a forum for you to ask advice on specific queries. Contact the network administrator, Janet Cobb, if you are interested in joining.

janet.cobb@fpld.co.uk or janet@jan-net.co.uk

YoungMinds

YoungMinds is a charity that aims to improve the mental health of all young people. They also produce a monthly magazine.

www.youngminds.org.uk

Learning Disability

ARC – Association for Real Change

ARC is a national charity that supports those providing services for people with a learning disability. The organisation offers a national voice on relevant national discussion bodies, organises local and national meetings and conferences and can offer NVQ, LDAF and other specific training such as the handling of medication in social care settings for members and none members alike. Members range from large national charities to small independent providers.

www.arcuk.org.uk

BILD – British Institute for Learning Disabilities

The organisation's vision is a world where people with a learning disability are accepted as equal citizens with the potential to make a positive contribution to our communities. They do this through promoting information, projects and lobbying for the rights of people with learning disabilities.

www.bild.org.uk

Check the Map

This simple and easy to use website offers a regional listing of services available across the country for people with learning disabilities.

www.checkthemap.org.uk

Circles of Support

This is a support network around an individual, using social and community links outside professional services. The circle will be committed to and walk with the focus person as they challenge the barriers to social inclusion. If the young person wants, a circle of support can be facilitated. The purpose or direction of the circle will be always be controlled by the focus person who might want the circle to fulfil a practical formal role, for example to provide a Trust or support network facilitating the receipt of direct payments. Alternatively, the circle of support might be purely social, simply meeting to go out to the pub as a group of friends and providing the opportunities for informal support that are needed.

www.circlesnetwork.org.uk

Clear Thoughts

Clear Thoughts is the mental health in learning disability knowledge centre. It offers easy to read information about positive mental health, mental ill-health, possible treatments and has a range of useful links and resources.

www.clearthoughts.info

DRC – Disability Rights Commission

The Disability Rights Commission has material, links and resources regarding the whole aspect of equality in society. In 2006 they published the 'Equal Treatment: Closing the Gap' report regarding healthcare (particularly primary healthcare) learning disability and mental health. This can be downloaded from the new joint Equality and Human Rights Commission website.

www.equalityhumanrights.com

Foundation for People with Learning Disabilities

The Foundation have a number of publications available that cover a range of aspects of the support required for people with a learning disability. They also have a number of ongoing research projects. Lots of the information is available to download for free from their website.

www.fpld.org.uk

Mencap

The Mencap website offers clear and accessible advice for anyone interested in learning disability. They also have a helpline that can advise you on where to get help for a range of learning disability issues.

www.mencap.org.uk

Norah Fry Research Centre

The Norah Fry centre in Bristol has commissioned and published research about elements of life for people with learning disabilities, including money, housing, health, transition and parents with learning disabilities. There are downloadable, easy-read resources to help with these and other subjects.

www.bristol.ac.uk/norahfry

Social Stories

Social Stories are a tool for use with children with autism spectrum disorders (ASD) and were developed by Carol Gray. A Social Story™ describes a situation, skill, or concept in terms of relevant social cues, perspectives, and common responses in a specifically defined style and format. The goal of a Social Story™ is to share accurate social information in a patient and reassuring manner that is easily understood by its audience. Half of all Social Stories™ developed should affirm something that an individual does well. Although the goal of a Story™ should never be to change the individual's behavior, that individual's improved understanding of events and expectations may lead to more effective responses.

www.thegraycenter.org

TEACCH

TEACCH is an approach developed in the US but now widely used around the world to support people with Autism, focusing on their individual needs and wishes. The primary aim of the TEACCH programme is to help to prepare people with autism to live or work more effectively at home, at school and in the community. Special emphasis is placed on helping people with autism and their families live together more effectively by reducing or removing 'autistic behaviours'.

For more information see www.teacch.com or www.nas.org.uk

Valuing People Support Team

The Valuing People website is one of the primary sources of information regarding learning disability in England. The site has information, resources and links to other useful websites.

www.valuingpeople.gov.uk

BME

All Our Children Belong

Parents for Inclusion produced this report identifying how racism and disablism has a profound effect on families.

www.parentsforinclusion.org/allourchildren.htm

DRE – Delivering Race Equality

DRE is a Department of Health project to ensure equal access to all NHS Mental Health services. The website contains good practice examples, useful information and resources.

www.actiondre.org.uk

LDEN – Learning Disability and Ethnicity Network

The Learning Disability and Ethnicity Network website has links to a number of useful resources and contact details. You can join the network and receive the regular newsletters via the website.

www.liden.org.uk

MENCAP

Reaching Out Project, highlighting the double discrimination faced by people with learning disabilities from BME communities and the lessons that can be learned from their stories.

www.mencap.org.uk/html/ethnicity/index.asp

Moving On Up Website

For those young people from BME communities going through transition the Moving On Up website will provide information in an accessible and interesting format. There are lots of links to other resources that can be accessed via the website. The Moving On Up project has also developed resources for aiding planning for families.

www.movingonup.info

Multikulti

Multikulti is a very useful website that offers accessible, accurately translated material in a range of community languages – the material is not specific to learning disability.

www.multikulti.org.uk

Race For Health

The sections about learning disability and mental health in the information section of this site are helpful. The organisation aims to help make access to healthcare fairer for people from minority communities.

www.raceforhealth.org

Services for All – ARC

This resource gives advice on how to provide a culturally competent service for people with learning disabilities from minority communities. There is information on the importance of cultural identity, cultural attitudes to disability, supporting people in their chosen lifestyles, ensuring black health concerns are understood and addressed, good practice examples, real life case studies and exercises to monitor practice. The training for staff video reinforces the information with further ideas on how to provide services for all. The **Services for All Families Guide** has recently (**2007**) been revised, updated and translated into a number of community languages with the support of Mencap.

These guides can be downloaded from the Mencap website:

www.mencap.co.uk/html/ethnicity/servicesforall_ethnicity_languages.asp

Valuing People

The Valuing People website has a section specifically regarding ethnicity.

www.valuingpeople.gov.uk

Transition

Many young people can have mental health problems around times of uncertainty such as transition. The following projects may help provide information around transition and what to expect.

FPLD

The Foundation for People with Learning Disabilities highlights the key points for young people and their families and offers information about resources.

www.learningdisabilities.org.uk

MacIntyre Care

There are specific resources to download and print that can help with transition. Registration is needed but this is free. There are sections for specific workbooks including, about me, learning and further education, work opportunities and leisure opportunities.

www.macintyrecharity.org

Moving On Up Website

For those young people from BME communities going through transition the Moving On Up website will provide information in an accessible and interesting format. There are lots of links to other resources that can be accessed via the website. The Moving On Up project has also developed resources for aiding planning for families.

www.movingonup.info

TIN – Transition Information Network

The Transition Information Network is a national scheme that is part of the Children's Information Bureau. The website contains lots of resources and information and TIN also produce the transition magazine 'My Future Choices'.

www.transitioninfonetwork.org.uk

Valuing People

Valuing People say that transition is a stressful time for young people and their families because organisations do not talk to each other enough and do not involve them in the planning of their care. Valuing People identifies who can help young people and their families at this time.

www.valuingpeople.gov.uk