

# GENDER EQUALITY AND MENTAL HEALTH

## - 4-day training course -

### Background

Mental health staff are well aware that women and men using services come with different experiences and needs, but are often unsure what this means for their practice. Dr Jennie Williams and Dr Sara Scott were commissioned by NIMHE/CSIP to develop this training course to support staff throughout mental health services meet the challenge of providing gender informed care. This course is part of the DH funded workforce development programme called the "The Ten Essential Shared Capabilities" <http://www.dh.gov.uk>, which includes the related training module on Race Equality and Cultural Competence <http://www.fernsassociates.co.uk>

### Who is it for?

This is a core course for staff working throughout mental health services, including managers and decision makers as well as those directly involved in providing care.

### Aims & Objectives

To build staff confidence and competence in working from a gender informed perspective with people who have mental health needs, to increase participant's:

- Understanding of the ways gender and other inequalities can impact on mental health
- Sensitivity to the ways mental health services can add to this harm
- Knowledge about gender informed practice

And to provide:

- Opportunities for them to reflect on their own thinking, practice, and place of work
- Time to think through the possibilities for change

### Outline

The course has places for up to 16 participants and is provided at the venue of your choice. The day normally begins at 9.30 am and finishes at 4.30pm, with a break for lunch between 12.30 and 1.30pm.

### Programme

Handouts and other resources support the programme which consists of eight modules:

#### *Gender Matters*

1. About Inequality
2. Causes of Distress
3. Risk and Survival
4. Pathways and Services

#### *Gender Informed Services*

5. Gendered Needs
6. Relationships
7. Service Culture
8. Service Development

### Training Methods

These include: reading packs; short presentations of information supported by handouts; DVD; safe opportunities for participants to draw upon their own lives and work based experience; paired and small group work; and large group discussions.

### About the Trainers

Courses are delivered by accredited members of the Inequality Agenda Trainers' Network, experts in the field who ensure that our programmes really work. Our trainers all have up-to-date knowledge of research, policy and practice.

### Costs

This 4-day course costs £5000+VAT. This includes all expenses, course materials, attendance certificates for participants and an 'immediate impact' evaluation report for service managers.