

# Recovery, Wellness & Inclusion: a case of the use of an ethnocentric approach to WRAP among members of the Somali Community in Northampton in 2007 - 2009

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Mpume Mpofu

BWI/CWI



# HOPE



# The inspiration

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We are born to make manifest the glory of God that is within us. It's not just in some of us, it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

Speech by Nelson Mandela  
(Originally written by Marianne Williamson who is the author of other similar material.)

## The inspiration

If you think you are too small to  
effect change...

haven't been in bed with a  
mosquito! (anonymous)

# What is in the title?

- A purported response to a democratic impulse.
- The rhetoric around inclusiveness and pluralism in service design, delivery and evaluation.
- A first instalment towards “whose outcomes anyway” debate.

## What was intended in the intervention?

- The near absence of people from Somali communities from NHT services in general, and specifically secondary care mental illness services despite a well publicised history of the three stages of their “trauma”.
- The impact of forced migration on mental well-being.
- The introduction of a “DRE in MH FIS Mk2” model.

# The confluence point

Abdirahman Abdi's  
research & personal  
investment.

AnnCrowder's push for  
equality of opportunity for  
all community groups.

The BWI quest for  
ethnocentric  
practice

Willing  
stakeholders

The  
"right"  
environ-  
ment

# What has been reported as the outcomes of the initiative?

- A widespread use of a WRAP approach in their lives in general. It is translated and interpreted!! It is alive and well with this community.
- Use of WRAP in distinct settings e.g. children and young people, family relations, with faith & community leaders, etc etc.
- Establishment of CoH
- Use of a WRAP with community members in inpatient and other settings.
- Engagement with more NHT services and “enquiries” from PCT and other human service leads.
- Engagement with other Somali communities e.g. national and international.



# The BWI Wellness Tripod



# Key Principles of WRAP

- Hope
- Self Responsibility
- Assertiveness
- Information and Education
- Support

# Key Focus points

- What is “Wellness” for People of Afrikan descent, as indeed others outside of the dominant social structures?
- Recovery (and egress from secondary care services) is notional, “...a white middle class notion...”.
- What is really meant by pluralism and inclusion? What about the longitudinal?
- What is the role of the worldviews? What about “community”?
- Cede and Seed?

# Developing a WRAP

- **Wellness**
- **Wellness Tools** – Identifying my tools.
- **Daily Maintenance** – What I do each day, when I am feeling well
- **Triggers** – What are my triggers & what is my response to each one
- **Early warning signs** – What are early warning signs for me, and what is my action plan
- **When things are breaking down** – How do I know? Breaking down list and responses/action plan
- **Crisis Plan** – How to know when I am well, when in crisis, who my supporters are, what I want and needs to be done and how to know when I am well again.
- **Post Crisis Plan** – What have I learned, what needs to change?



An assertive ethnocentric method for planning, providing & evaluating  
the delivery of public services

# BLACK WELLNESS INITIATIVE (BWI)



# Arnstein's Ladder to Participation



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Thank you

[www.blackwellness.co.uk](http://www.blackwellness.co.uk)

