# Citizenship and Mental Health: What can the concept of citizenship offer MHO Practice?

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# What does citizenship mean to you?

- Take a few moments to consider what the concept of citizenship mean to you?

- What does it mean to be a citizen?

- Lets share our thoughts with the group…

# Word Cloud

# Why citizenship?  What's it got to do with mental health?

- A citizenship approach to mental health starts from the premise that mental health is affected by structural as well as individual factors

- Yet, traditionally services and supports have tended to focus on the individual and their deficits rather than their strengths and relationships with others

- We have been influenced by a range of theoretical perspectives on citizenship – those that focus on rights, those that focus on identity and those that focus on relationships

- Starting point is the work of Michael Rowe – 5 R's of citizenship

# Developing a model of citizenship

- We have develop a model of citizenship grounded in the lived experiences of people who have experienced mental health problems or other "life disruptions"

- Using community based participatory research (CBPR) methods the voices and experiences of participants remained central to the process

# Participatory research

- We adopted a CBPR approach, working in partnership with peer researchers at each stage of the process

- Carried out focus groups asking participants "what does citizenship mean to you?"

- Concept mapping to extract statement items on the meaning of citizenship

- Cluster analysis identified relationships between different items and allowed us to form clusters or patterns
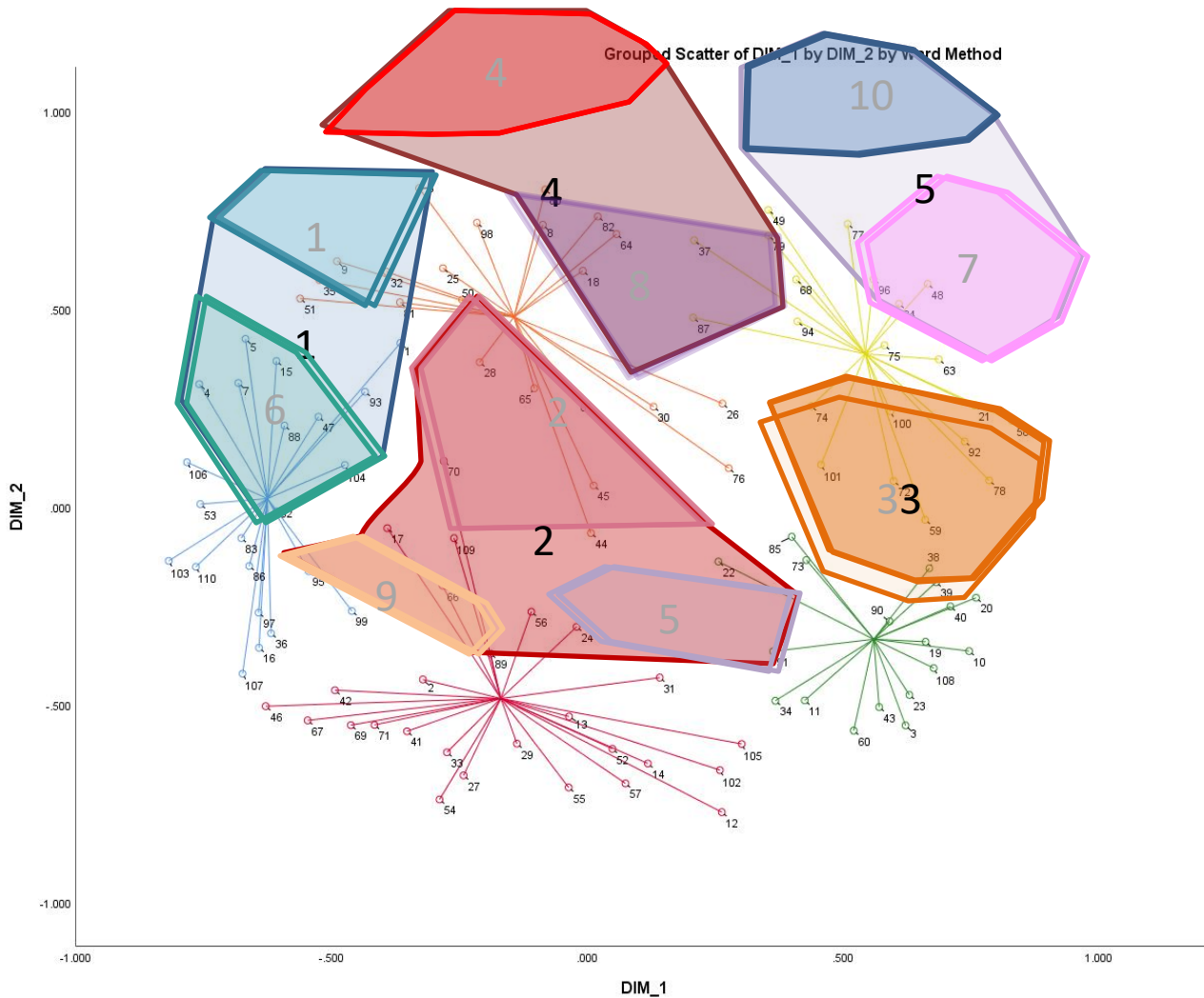
# Model of citizenship

- Cluster 1: **Building Relationships**
- Cluster 2: **Acceptance and Autonomy**
- Cluster 3: **Access to services and supports**
- Cluster 4: **Shared values and social roles**
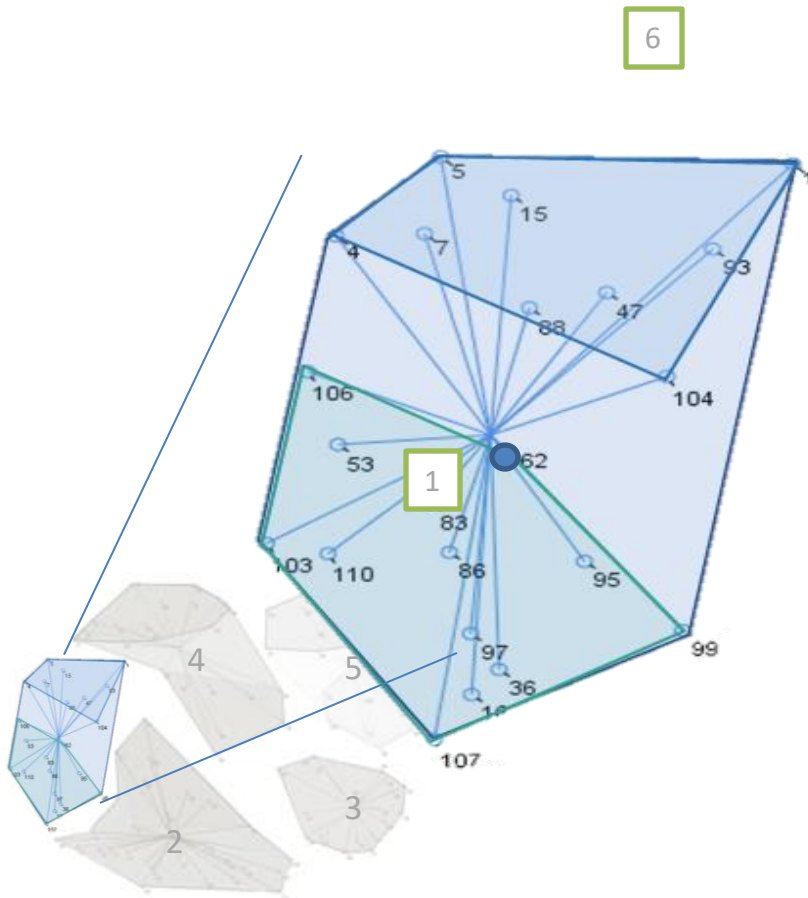- Cluster 5: **Civic Rights and Responsibilities**

# Scottish Model of Citizenship



5 Cluster Solution

# Cluster One: Building Relationships



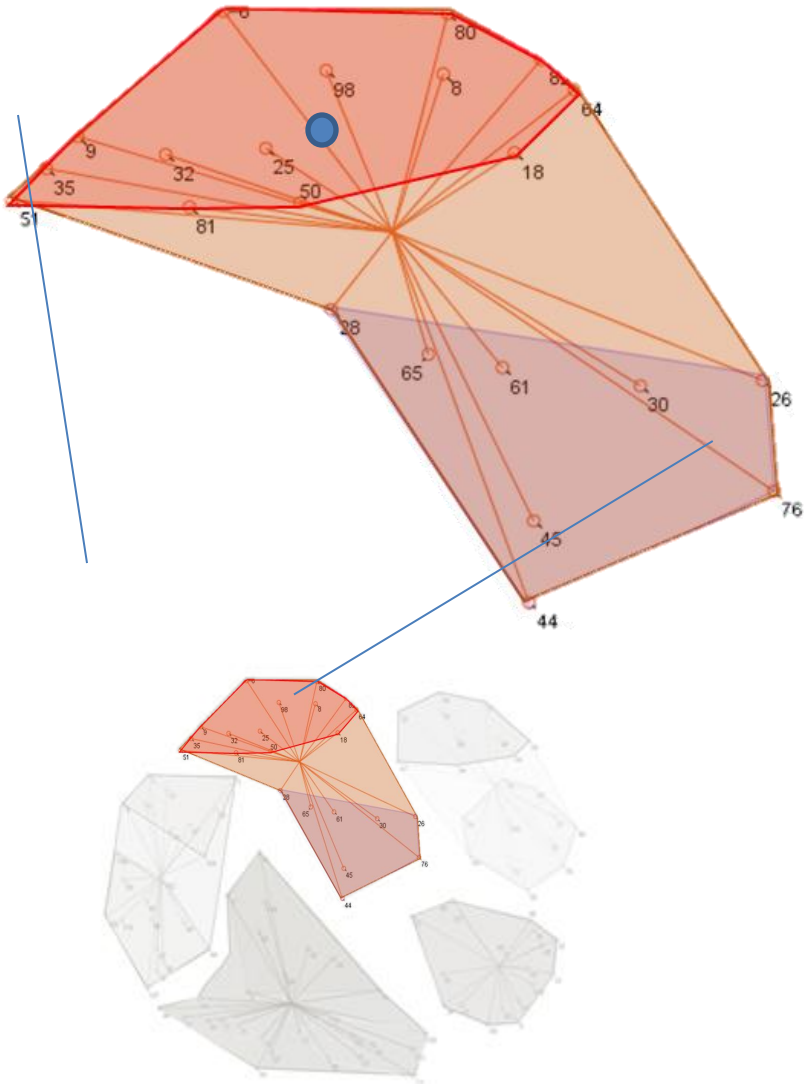| Statement | Cluster 5_1 |
|---|---|
| **62** | **Being fair*** |
| 83 | Treating others like you want to be treated |
| 53 | Being needed |
| 86 | Being respectful |
| 88 | Having friends |
| 106 | Being a role model |
| 104 | Having a valued role |
| 110 | Being trusted |
| 47 | Belonging |
| 95 | Having compassion |
| 103 | Earning respect |
| 97 | Having dignity |
| 7 | Making other people feel valued |
| 4 | Helping others |
| 15 | Making a contribution |
| 36 | Having purpose |
| 93 | Fitting in |
| 99 | Being autonomous |
| 16 | Feelinng valued |
| 5 | Caring about others |
| 107 | Being disciplined |
| 1 | Being part of your community |

# Cluster Two: Acceptance and Autonomy
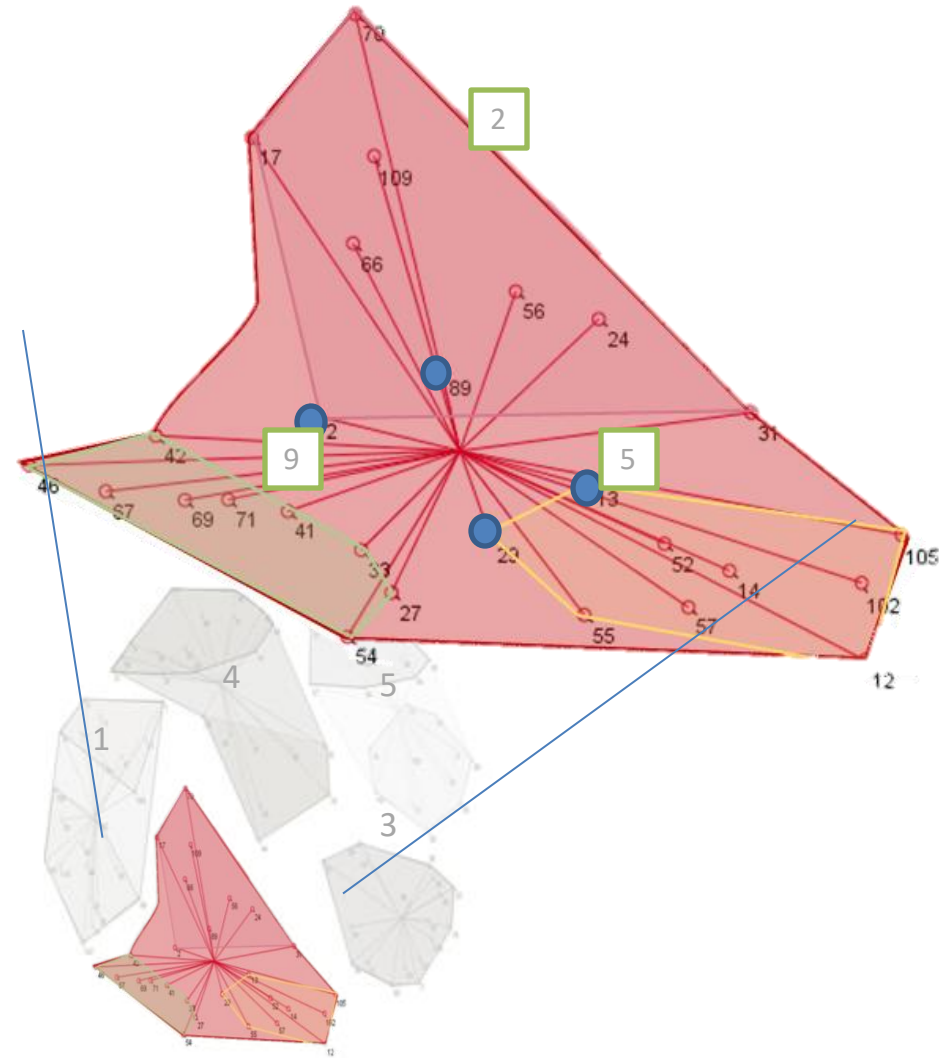


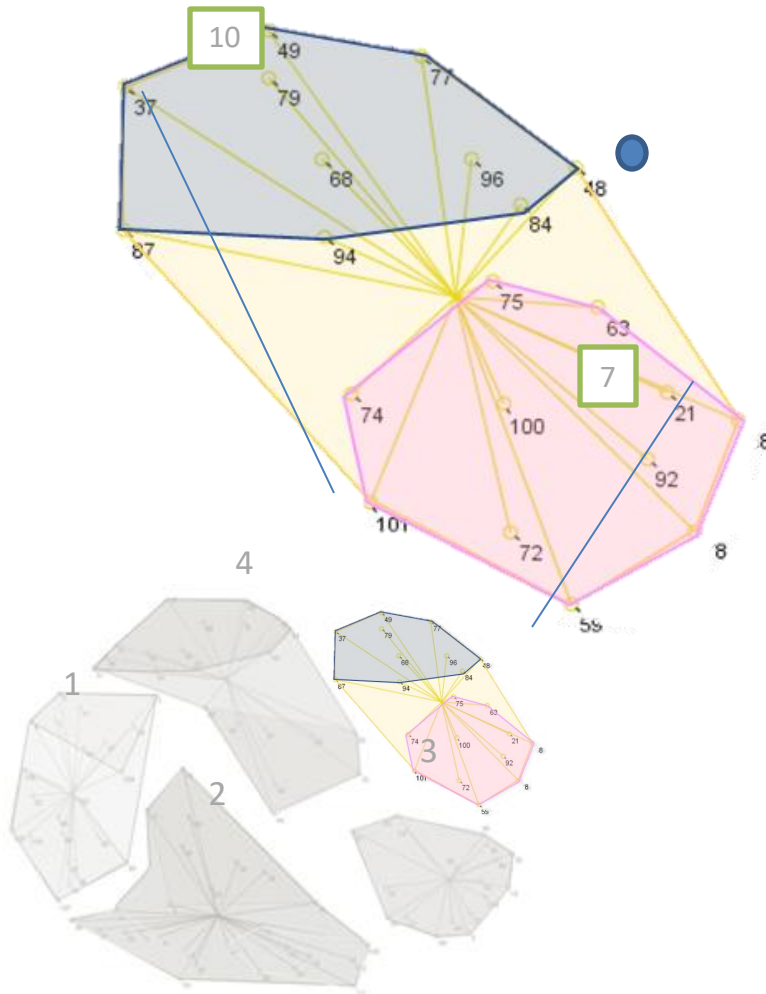| Statement | Cluster 5_2 |
|---|---|
| 29 | **Being listened to*** |
| 13 | **Not being judged** |
| 89 | **Being accepted** |
| 2 | **Feeling included** |
| 33 | Having privacy |
| 41 | Feeling empowered |
| 27 | Feeling safe |
| 71 | Being independent |
| 52 | Being equal |
| 55 | Having choices |
| 56 | Having a positive identity |
| 24 | Being able to socialise |
| 69 | Having confidence |
| 54 | Having control |
| 57 | Opportunity to better yourself |
| 14 | Not being stigmatised |
| 42 | Believing in yourself |
| 66 | Responsibility to look after yourself |
| 31 | Getting out and about |
| 67 | Having hope |
| 109 | Recognising strengths |
| 102 | Being able to do more than survive |
| 46 | Having pride |
| 105 | Not being exploited |
| 17 | Being recognised |
| 12 | Not being discriminated against |
| 70 | Having role models |

# Cluster Three: Access to Services and Supports
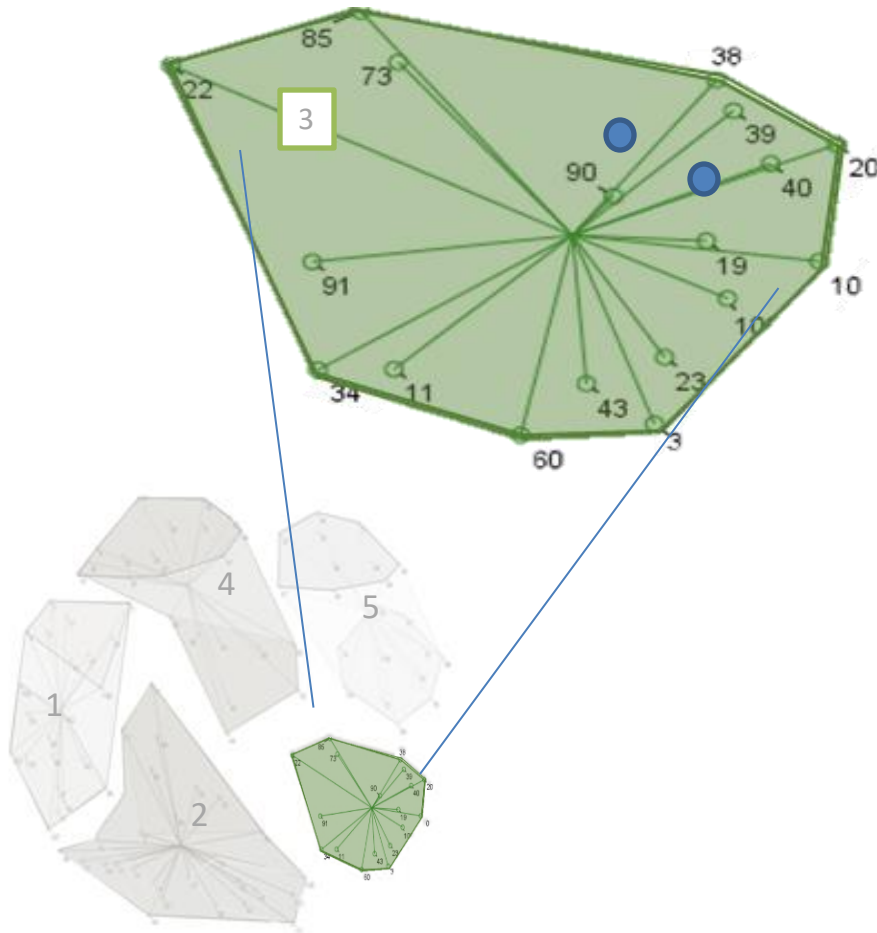


| Statement | Cluster 5_3 |
|---|---|
| **90** | **Having entitlements*** |
| **19** | **Having access to services to meet my needs*** |
| 108 | Having access to transport |
| 23 | Having access to resources |
| 40 | Being able to access justice |
| 43 | Having somewhere to live |
| 10 | Having access to education |
| 39 | Being able to secure your rights |
| 38 | Knowing what your rights are |
| 11 | Having support to participate |
| 20 | Having access to health services |
| 3 | Having a job |
| 91 | Having a safety net in hard times |
| 60 | Having information |
| 73 | Respecting human rights |
| 34 | Having a voice |
| 85 | Not abusing your power |
| 22 | Being able to affect change |

# Cluster Four: Shared Values and Social Roles



| Statement | Cluster 5_4 |
|---|---|
| **50** | **Sharing values*** |
| 25 | Being connected |
| 28 | Living peacefully with others |
| 18 | Educating others |
| 81 | Being a good neighbour |
| 98 | Getting something back from your community |
| 8 | Volunteering |
| 65 | Recognising everyone has a role to play |
| 32 | Looking out for each other |
| 61 | Not doing harm to others |
| 64 | Having a common purpose |
| 82 | Responsibility for the environment |
| 80 | Sharing values across generations |
| 9 | Sharing experience with others |
| 6 | Giving back |
| 30 | Valuing difference |
| 35 | Having family connections |
| 51 | Building relationships |
| 45 | Not having to contribute to everything all the time |
| 26 | Challenging stigma and discrimination |
| 76 | Recognising individuals who cannot contribute still have rights |
| 44 | Being allowed to pick up the pieces |

# Cluster Five: Civic Rights and Responsibilities



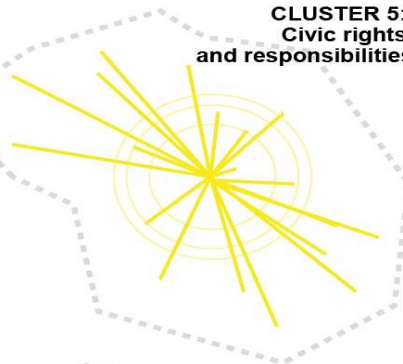| Statement | Cluster 5_5 |
|---|---|
| **75** | **Paying your taxes*** |
| 84 | Having pride in the country |
| 63 | Having links around the world |
| 100 | Access to cultural opportunities |
| 94 | Not being a subject |
| 96 | Serving your country |
| 74 | No rights without responsibilities |
| 68 | Not breaking the law |
| 48 | Nationality |
| 21 | Being involved politically |
| 92 | Having what everyone else has |
| 101 | Ensuring a better future for my children |
| 72 | Challenging inequalities |
| 77 | Where you were born |
| 58 | Voting |
| 79 | Adhering to local customs and traditions |
| 87 | Working together for better conditions for all |
| 78 | Right to leave the country and return |
| 49 | Sharing a common language |
| 59 | Being represented |
| 37 | Being part of something bigger than you |

# Scottish Citizenship Model



**5 cluster model**
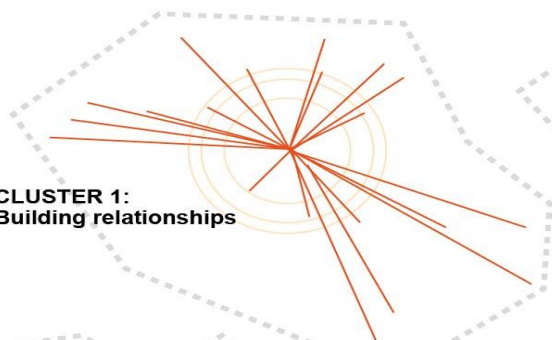
CLUSTER 5: Civic rights and responsibilities

CLUSTER 1: Building relationships

CLUSTER 2: Acceptance and autonomy

CLUSTER 4: Shared values and social roles

CLUSTER 3: Access to services and supports

**Cluster 1: Building relationships**
Belonging
Having friends
Caring about others
Helping others
Treating others as you would like to be treated
Social Connections

**Cluster 2: Acceptance and autonomy**
Being equal
Not being discriminated against
Not being stigmatised
Being independent
Having a positive identity
Having the opportunity to better yourself

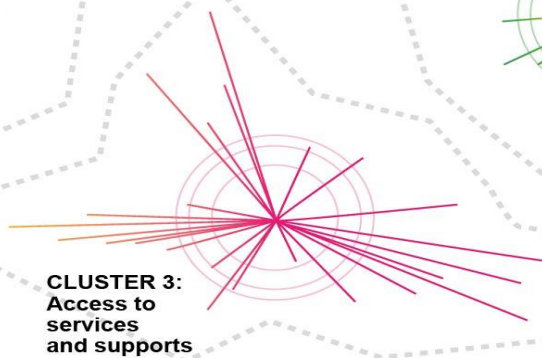**Cluster 3: Access to services and supports**
Having somewhere to live
Having a safety net in hard times
Having access to education
Having access to health services
Having access to transport
Having entitlements

**Cluster 4: Shared values and social roles**
Being a good neighbour
Responsibility for the environment
Living peacefully with others
Not doing harm to others
Challenging stigma and discrimination
Giving back

**Cluster 5: Civic rights and responsibilities**
Not breaking the law
Having the right to leave the country and return
Being represented
Sharing a common language
Working together for better conditions for all
Ensuring a better future for my children

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**Strathclyde**
**Humanities &**
**Social Sciences**

# Application of citizenship model in practice

- Currently working to develop clear guidelines on how the citizenship model and measure should be used in practice
  - Focus should be on words not numbers – to promote conversations
  - Aim is to encourage self reflective practice
- Further work is needed to establish the views of practitioners.
- ***A citizenship approach involves a cultural shift in practice – what might help facilitate this/potential barriers?***

# Utility of citizenship for MHO Practice

- Promotes a more holistic understanding of mental health – shift beyond a clinical approach focusing only on symptoms

- Focus on relationships and belonging – vitally important in community settings

- Citizenship can act as a bridge between clinical settings and natural

  supports in the community

- Focus on capacity building and sustainability

- Promotes a shared understanding of what it means to be human

# Questions for discussion

- How might you incorporate understandings of and discussions of citizenship into your practice as an MHO?
- What might be the benefits of this approach for the people that you work with?
- Can you foresee any challenges in your particular setting?

# Strathclyde Citizenship Measure

- A framework for implementing citizenship-based interventions has helped support the participation in society of persons who have experienced major life disruptions.

- Yet, having ways to measure the impact of citizenship 'in action' within specific socio-cultural contexts has proved challenging. We developed the Strathclyde Citizenship Measure (SCM) which seeks to establish a psychometrically sound measure of citizenship

- Potential application of SCM across health and social care settings

- Future work to develop citizenship tools to facilitate dialogues about citizenship

# Strathclyde Citizenship Measure

- We developed a 39 item Strathclyde Citizenship Measure (SCM) which has been shown to be a reliable and valid measure.

- The SCM can be used to evaluate the outcome of intervention programmes that aim to increase a sense of citizenship across practice and community settings.

- The SCM can be used as a reflective tool to support practitioners to gain insight into their own experiences of citizenship and to develop constructive dialogues about citizenship with people who use services thus promoting better partnership working and relationship-based practice.

# Final points for discussion….

- How could the SCM be used in your practice setting?
- Are there any other frameworks/models that you think this work 'fits' well with?

# Key references

- MacIntyre, G, Cogan, N, Stewart, A, Quinn, N, O'Connell, M, Rowe, M. Citizens defining citizenship: A model grounded in lived experience and its implications for research, policy and practice. *Health Soc Care Community*. 2021; 00: 1– 11. https://doi.org/10.1111/hsc.13440

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- Rowe, M. (2015). *Citizenship and mental health*. CA: Oxford University Press, USA.

# Thank you