

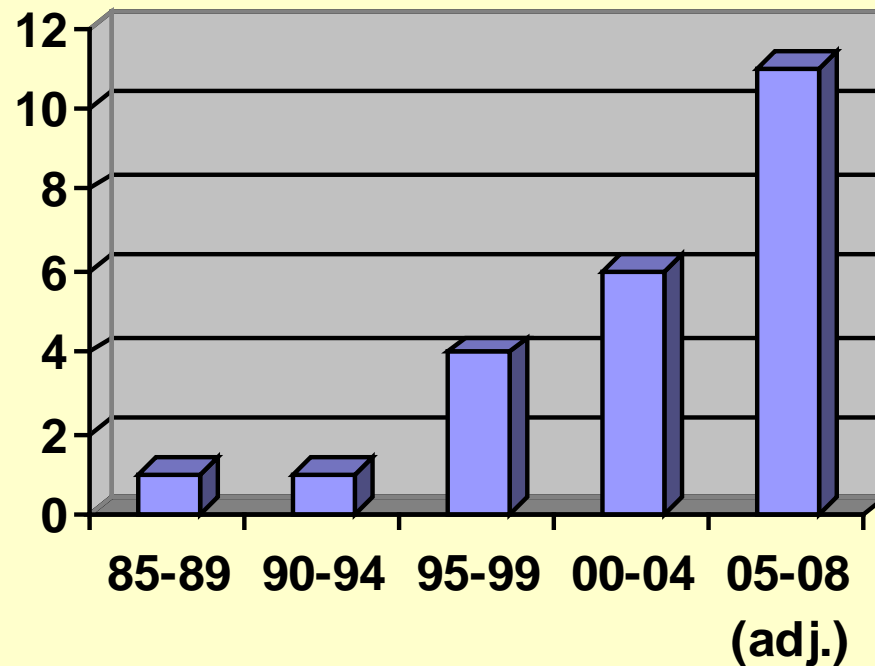


**14th International
Metropolis Conference
Copenhagen
14-18 September 2009**

***David Ingleby
Utrecht University***

**Mental health care for
migrants and ethnic minorities**

Increase in number of comparative European reports on migrant and minority health, 1985 – 2008



MIGHEALTH.NET

<http://mighealth.net>

Aim:

To make knowledge about migrant and minority health more accessible

Websites developed in 17 countries

April 2007 – April 2009

Co-financed by the EU (DG SANCO)



MIGHEALTHNET

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Main Page



MIGHEALTHNET - Information network on good practice in health care for migrants and minorities in Europe

You have reached the wiki (interactive data base) for Belgium.

This website is part of an EU Project that aims to give professionals, policy makers including health authorities, researchers, educators and representatives of migrant and minority groups easy access to a dynamically evolving body of knowledge and a virtual network of expertise. It will stimulate the formation of networks of individuals and organisations concerned with migrant and minority health.

This site is under construction, users are warmly invited to contribute to its development. Help us and send your suggestions and comments to the manager.

Pour rejoindre la version française du site, cliquez [ici](#)

De Nederlandstalige versie van de site kunt u [hier](#) bereiken.

Pages for specific topics

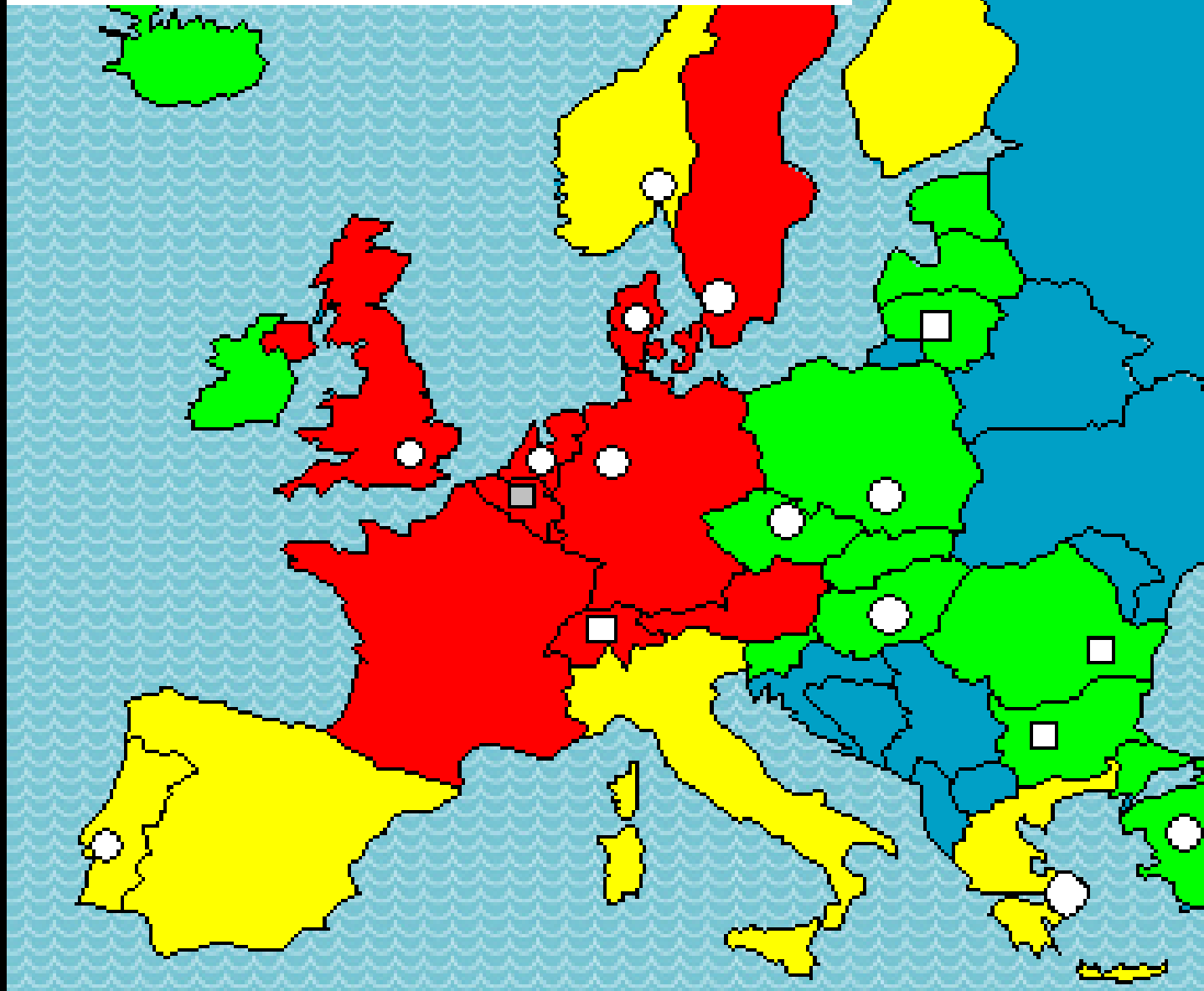
1. [Background information on migrant and minority populations, immigration and integration policies, etc](#)

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MIGHEALTHNET partnership
Circles - associate parters
Squares = subcontractors



COST Action IS0603

Health and Social Care for Migrants and Ethnic Minorities in Europe (HOME)

Aim: to consolidate and disseminate the results of current projects through conferences, workshops, publications, training courses etc.

98 experts in 30 countries (including USA, Canada and Australia).

May 2007 – May 2011

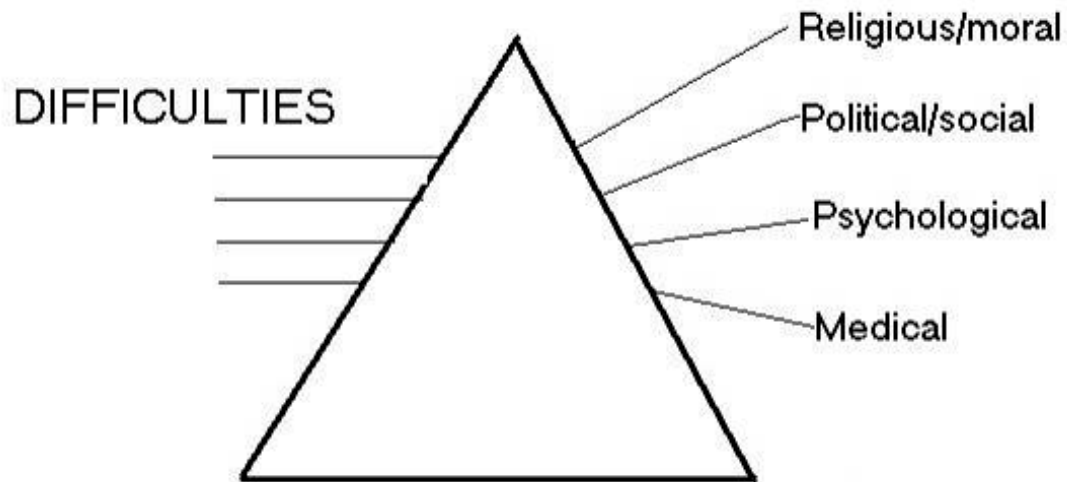
**People have a right to good
services regardless of their
health profile**

Central concept:

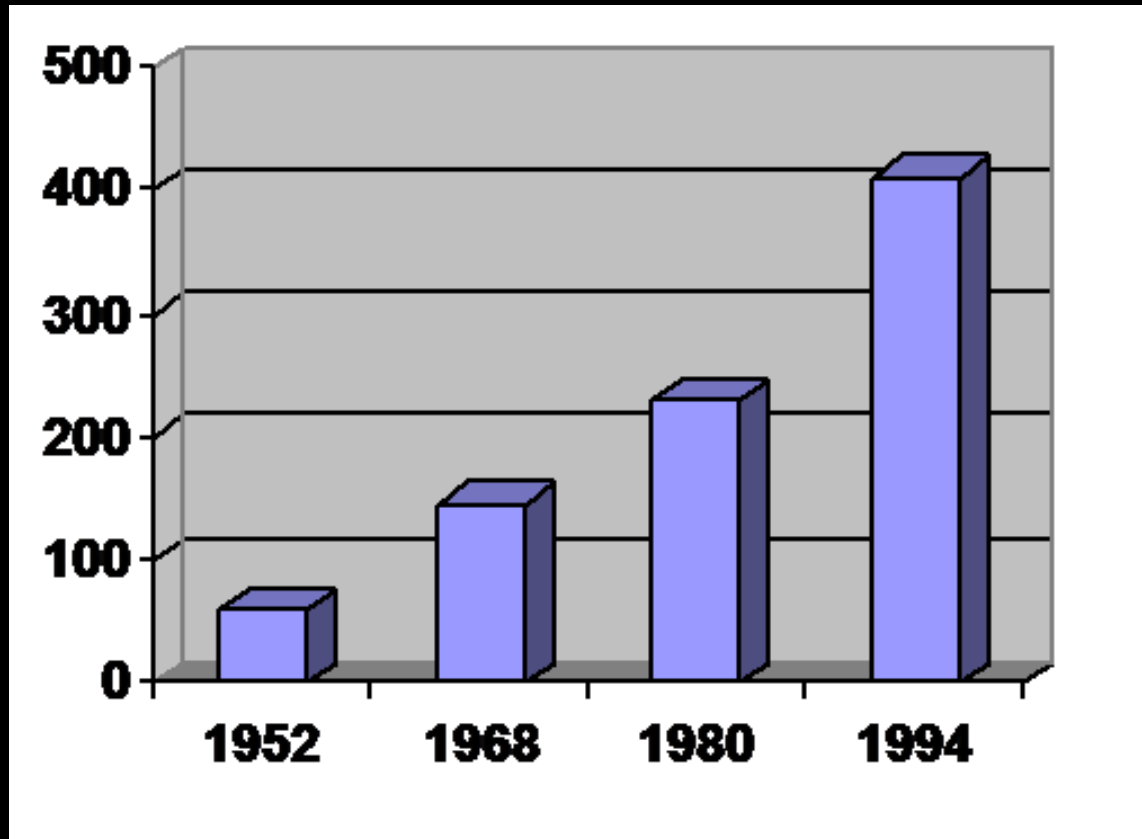
- Matching
- Appropriateness
- 'Goodness of fit'

**Providing the same services
to everyone usually means
providing *inferior* services to
migrants and ethnic
minorities**

PROBLEM CONSTRUCTIONS

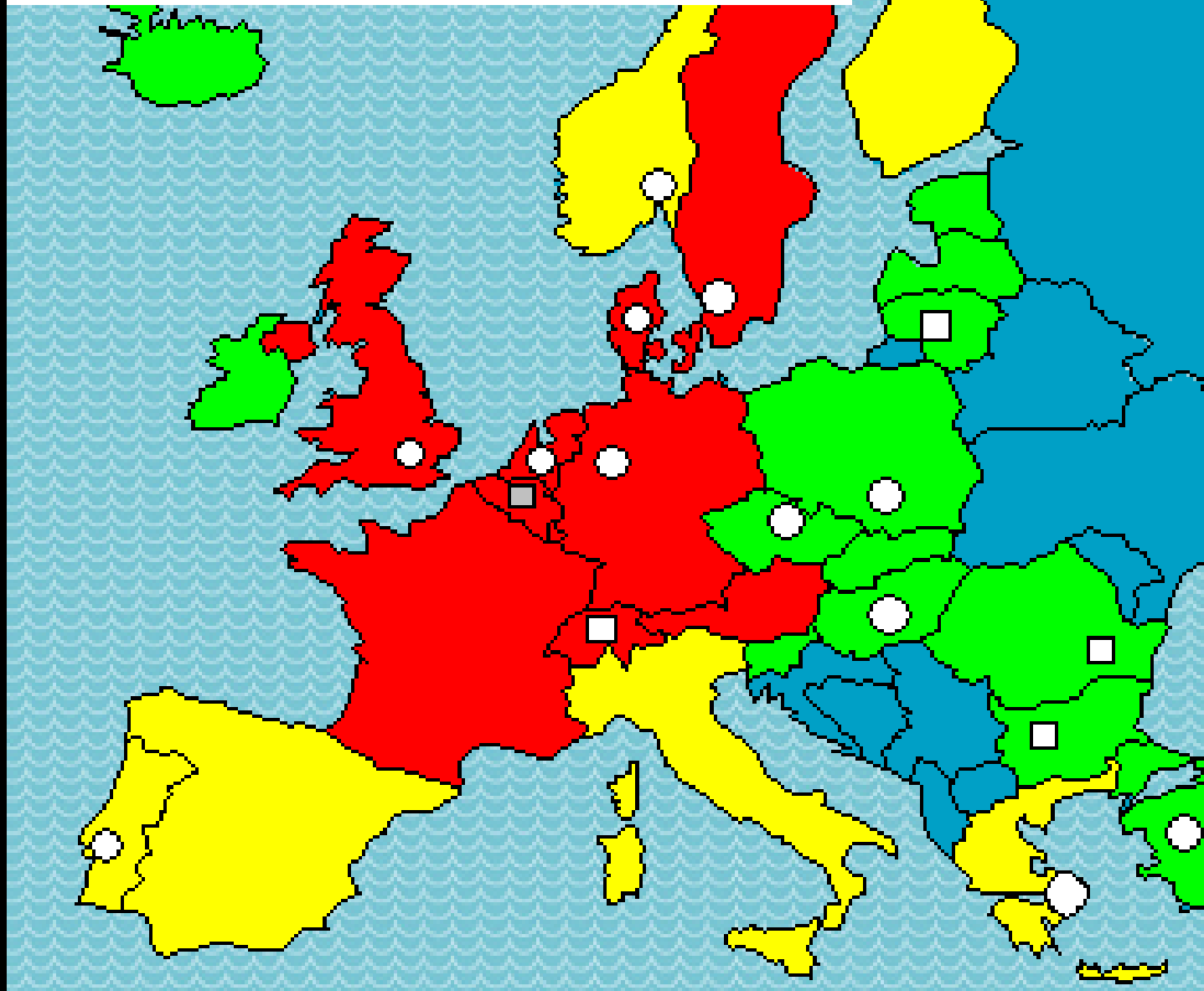


Number of categories of abnormal behaviour listed by the DSM



What is involved in adapting mental health services to the needs of migrants and ethnic minorities?

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What is involved in adapting mental health services to the needs of migrants and ethnic minorities?

1. Improve access to services
2. Improve quality of treatment

1. Barriers to access

- Problems concerning entitlement
- Different problem constructions
- Other cultural or social barriers
- Language barriers
- Not knowing where to go

Questions for eliciting a patient's explanatory model (Kleinman et. al., 1978)

- ***What do you think has caused your problem?***
- ***Why do you think it started when it did?***
- ***What do you think your sickness does to you? How does it work?***
- ***How bad [severe] do you think your illness is? Do you think it will last a long time, or will it be better soon, in your opinion?***
- ***What kind of treatment would you like to have?***
- ***What are the most important results you hope to get from treatment?***
- ***What are the chief problems your illness has caused you?***
- ***What do you fear most about your sickness?***

1. Barriers to access

- Problems concerning entitlement
- Different problem constructions
- Other cultural or social barriers
- Language barriers
- Not knowing where to go

CLAS Standards (OMH, 2000)

12. Health care organizations should develop participatory, collaborative partnerships with communities and utilize a variety of formal and informal mechanisms to facilitate community and patient/consumer involvement in designing and implementing CLAS-related activities.

2. Quality of treatment

Things we need to know (but mostly don't)

- What is the quality of care?
- Where are the pitfalls located and what measures been proposed for avoiding them ?
- How effective are these measures?

Strategies for assessing quality of care

1. Subjective measures
2. Procedural evaluation
3. Objective (outcome) measures

Barriers to good quality care

- Different problem constructions
- Other cultural or social barriers
- Language barriers
- Problems of diagnosis
- Biased perceptions and (unconscious) assumptions
- The need for 'cultural competence' (whatever that may be)

Conclusions

- Migrants have a right to appropriate mental health care.
- Many factors impede access and undermine the quality of care.
- Services need to work hard to remove these barriers, but they seldom do.
- Firm policies are required to improve services across the board.