

By Shanoya @ OTR



Professionals infoweb
morning 😊

WHAT IS A PEER REP?



Volunteer three days a week and support engagement workers with pop-ups and weekly drop-ins



Part of membership team



Discuss and create an action plan/potential outcomes from placement



Get to work with OTR's closed groups and implement my own ideas into practice



Network with other organizations locally and form new connections relative OTR's ethos and to your goals



ZAZI: “know yourself, know your strength.”



Est. 2015 through partnering with Nilaari



Building mental health communities in schools, colleges, sixth forms, universities, youth centres and faith settings.



Response to community issues (i.e. Docklands centre, St. Brendan’s, Golden Key)



Support community events like St Paul’s Carnival, It takes a Village etc..

PROJECT ZAZI

ZAZI: AIMS



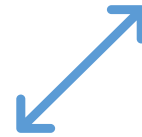
To improve mental health and resilience in BAME young people



Build resilience across local ethnic minority communities



Attempt to keep YP accessing MH services earlier on, while in crisis versus later adult life



To increase visibility within OTR and the wider community



Increase specialist BAME support within OTR



Increase BAME representation, staff, volunteers and youth advocates

WOMEN TALK / “Chat Bout”



“Chat Bout” a cultural slang terminology in saying “for real or no way or is that true” when explaining factual information or something you’ve heard



8-12-week programme that allows BAME young women to explore current / daily issues that they face, societal contracts and build resilience toolkits



Creating that link as to how OTR could be useful in promoting positive mental health and well being



Involving important educational institutions which historically have not been a “safe haven” for BAME specific conversations conversations and thrive



WHAT I WANT PROFESSIONALS TO KNOW?



Importance of BAME Representation in institutions (i.e. education, healthcare industry, civil services etc.)



BAME young people rights and voices are heard



Cultural competency

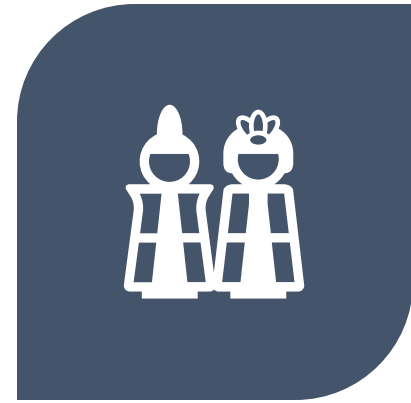
Terms to learn



COLOURISM

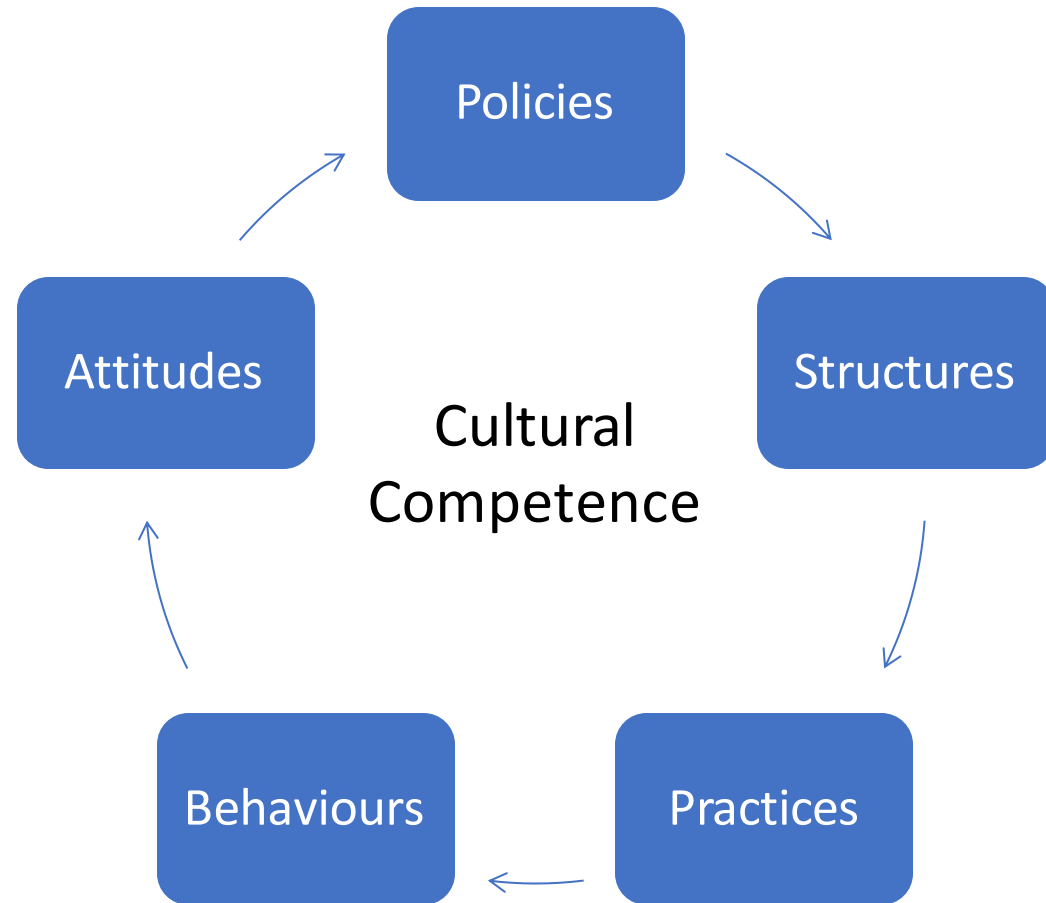


RACISM

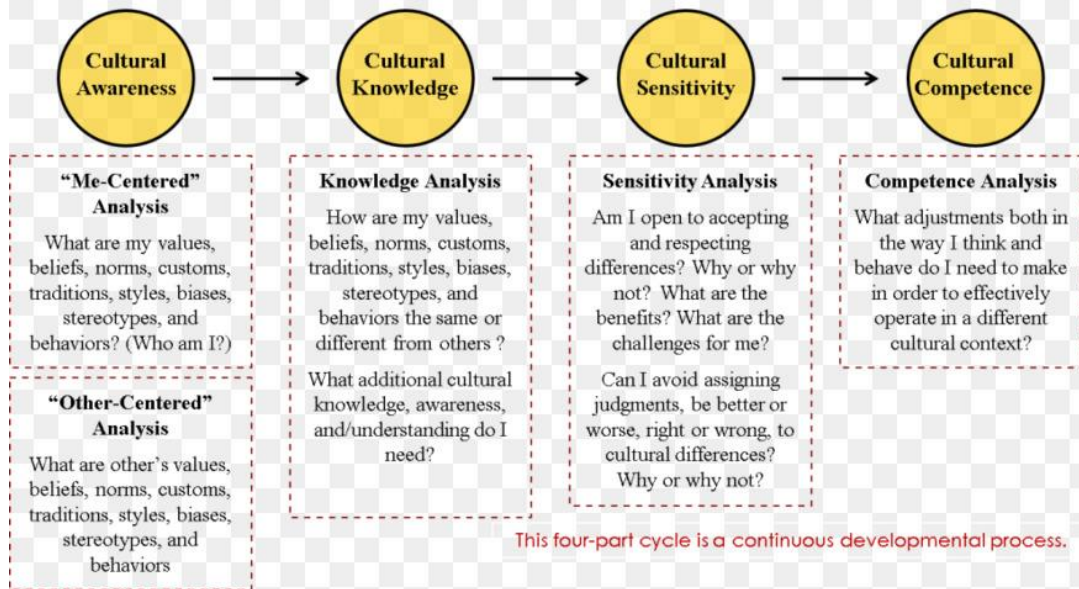


COLONIALISM

CULTURAL COMPETENCY



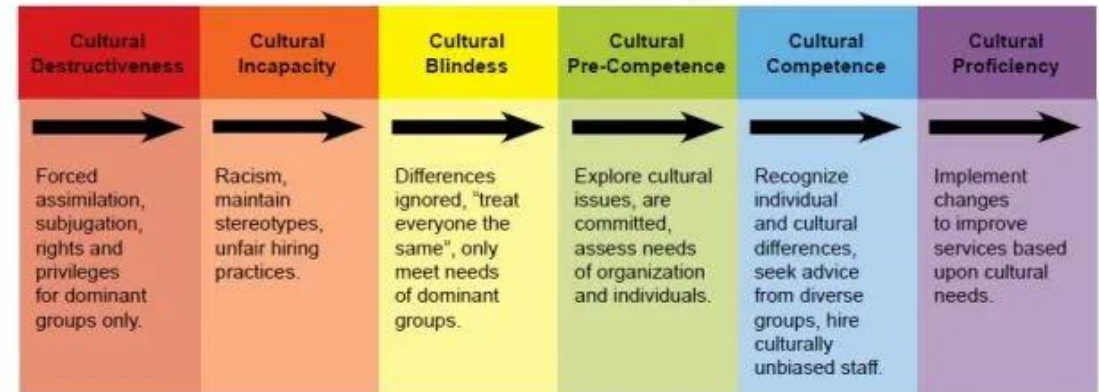
Cultural Competence Model™



This four-part cycle is a continuous developmental process.

© The Winters Group, Inc.

Continuum of Cultural Competency



This is key in helping us understand how life experiences and personal history shape our racial, gendered, cultural and ethnic identity.

WHAT HAVE YOU LEARNT
FROM YOUR PLACEMENT IN
THE PAST SIX MONTHS?





HIGHLIGHTS

SUMMARY: WHAT HAVE I LEARNT FROM TEAM AND OFF EACH OTHER?



Sharing knowledge with one another from all the different projects



Laughter – being more humorous and joyous from meeting young people



Hubs – dealing with challenging conversations



Conversations I have learnt from the peer reps