

Romani Week 2022

Capacity Building for Romani Health Equity: A Mental Health Model

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Does Romani Mental Health Matter?



Why do we need a human rights-based approach?

From...

A **medical approach** which usually entails binary categorical approaches to diagnosis and individual-level processes.

This approach only **palliates** the damages of unjust social conditions.



...To

A **biopsychosocial approach** which keeps in mind the protection of human rights.

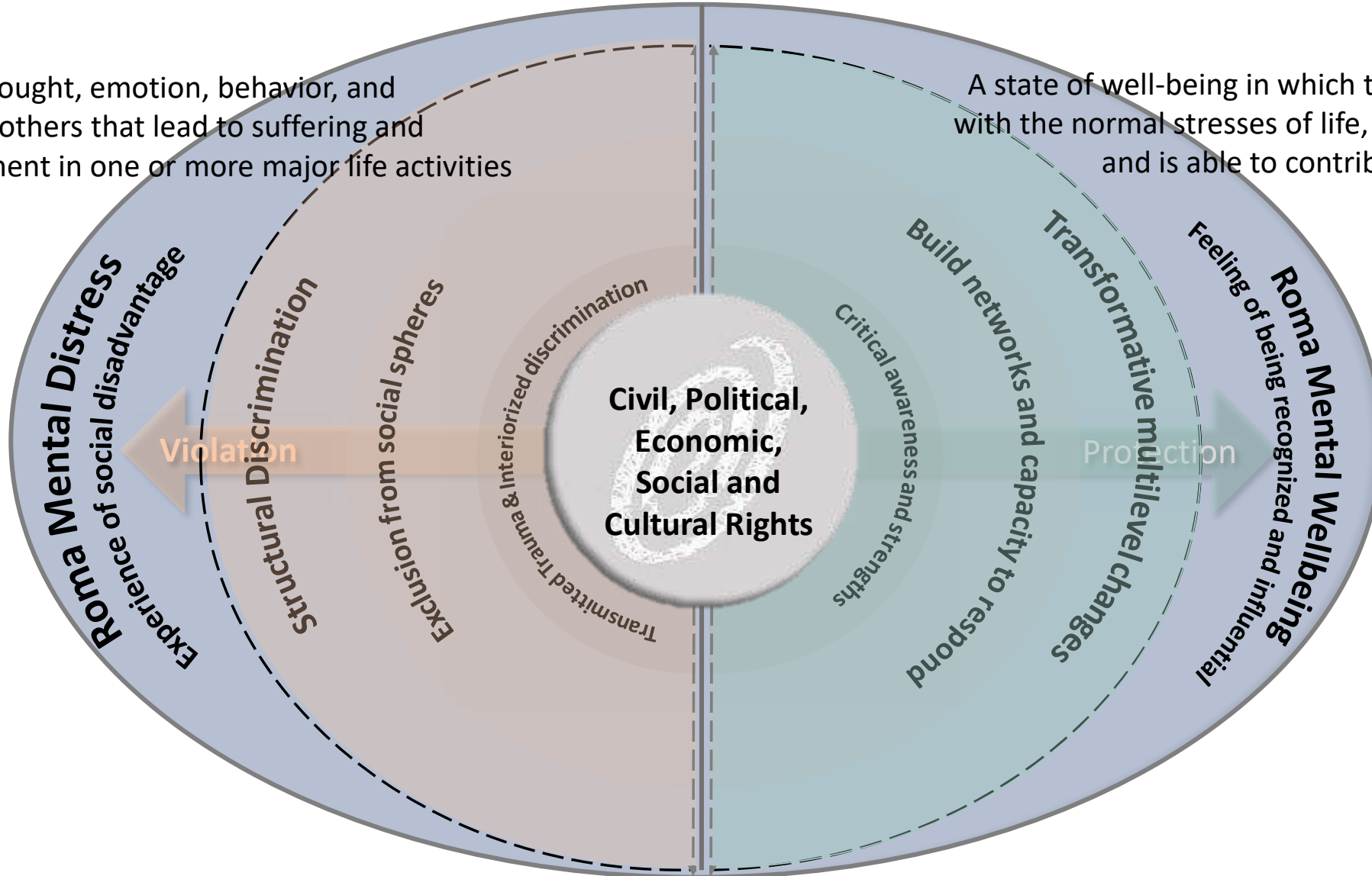
This approach understands psychological wellbeing depends on **political, social and economic circumstances**.

There can be no good mental health without human rights

A human rights-based approach to mental health

Disturbances of thought, emotion, behavior, and relationships with others that lead to suffering and functional impairment in one or more major life activities

A state of well-being in which the individual can cope with the normal stresses of life, can work productively and is able to contribute to the community



How can we begin to build a shared understanding?



- (1) To propose a framework to **explore non-medical approaches** to mental health for Roma communities in Europe;
- (2) To provide an analysis **to guide future initiatives** based on the findings of three consortiums.

Ukraine

Social determinants of Mental Health of Roma in Ukraine

The Influence of Discrimination on the Mental Health of Roma People

Italy

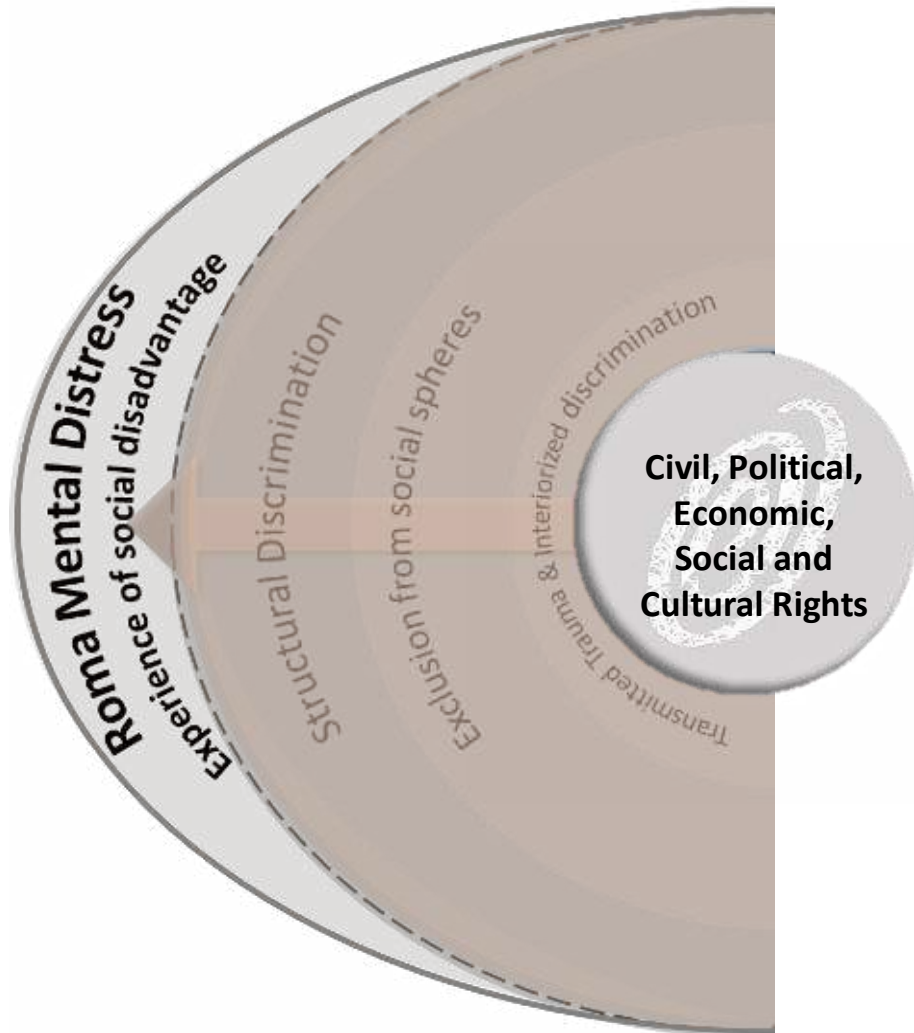
Germany & Czech Republic

The Abyss of Violence: Dealing with trauma over generations in Sinti and Roma communities in Germany and Czech Republic

What do we know about Romani Mental Health? A scoping review

Spain

Romani mental distress: A definition



Structural discrimination

Antigypsyism is a historically constructed racism against Romani people. It includes homogenizing, attribution of specific traits and violent practices that reproduce and violate structures.

Exclusion from social spheres

Rejection and lack of participation from political, economical and social fields (such as the access to basic rights and freedoms like employment, health, education or housing or participation in politics).

Transmitted trauma and interiorized discrimination

Social trauma, such as systemic racism, violent conflict and displacement, can damage communities for generations.

Romani Mental Wellbeing: A definition

Critical awareness and strengths

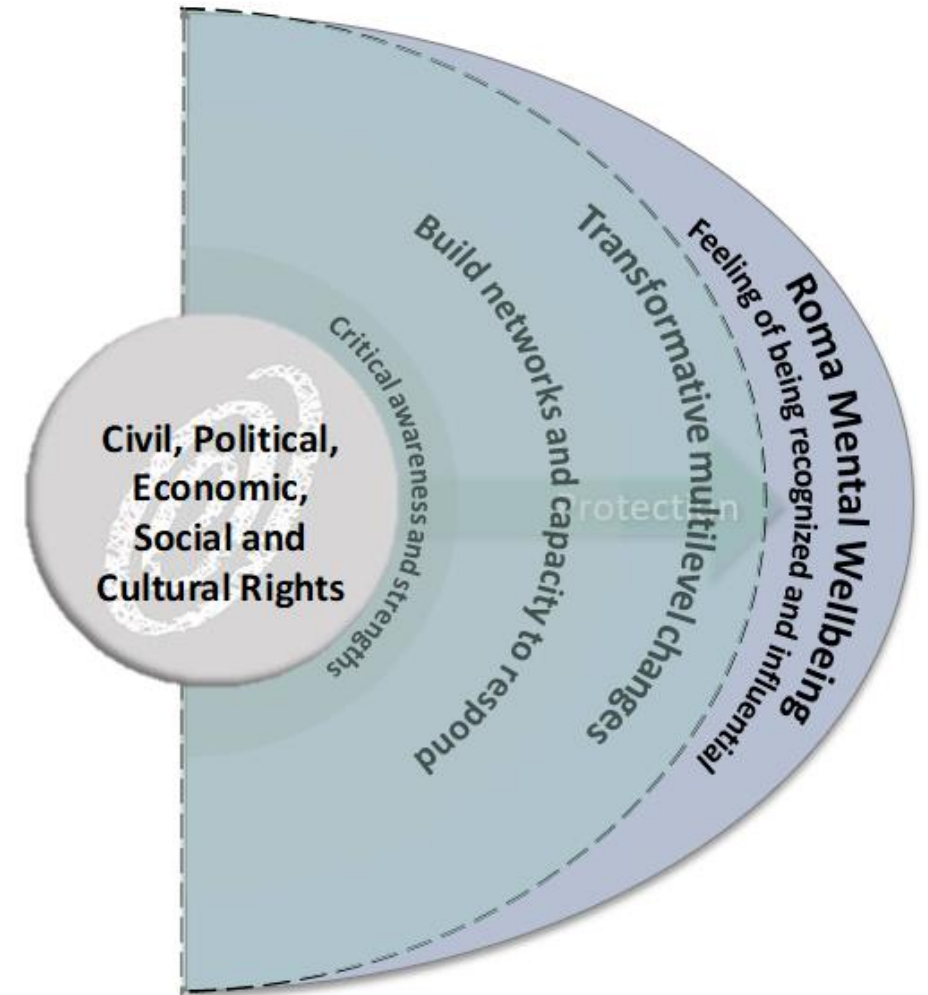
This is understood as a first step in the journey toward becoming a politically active member of society and a way to re-narrate our life stories to understand the unjust sources and our role in changing it.

Build networks and capacity to respond

Identifying support and allies in the community—organizations, local public officials, informal groups, community leaders, religious groups. This involves community organizing strategies, for example, building relationships and local coalitions.

Transformative multilevel changes

Taking action in different settings from the interpersonal level, organizational level, community level and institutional level.



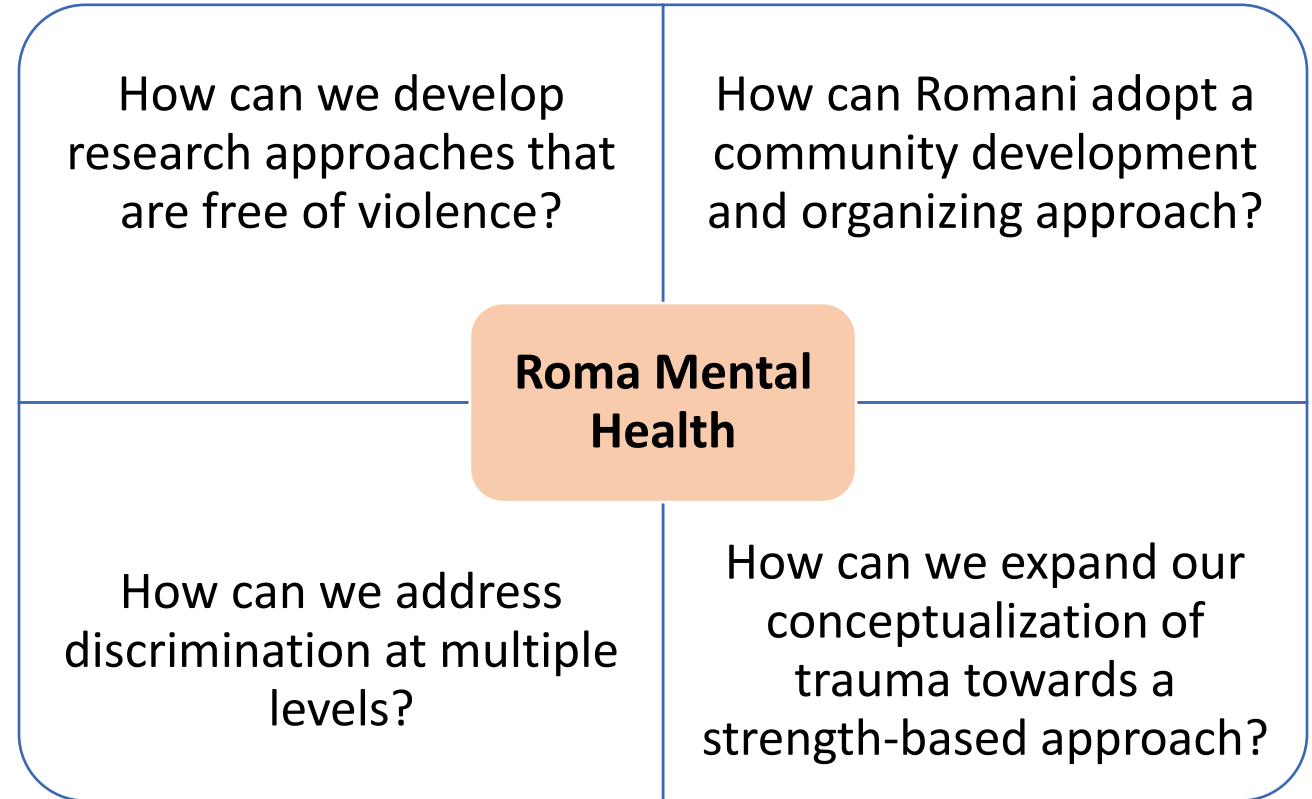
Where do we go from here?

EXPLORING NON-MEDICAL APPROACHES TO MENTAL HEALTH FOR ROMANI COMMUNITIES IN EUROPE

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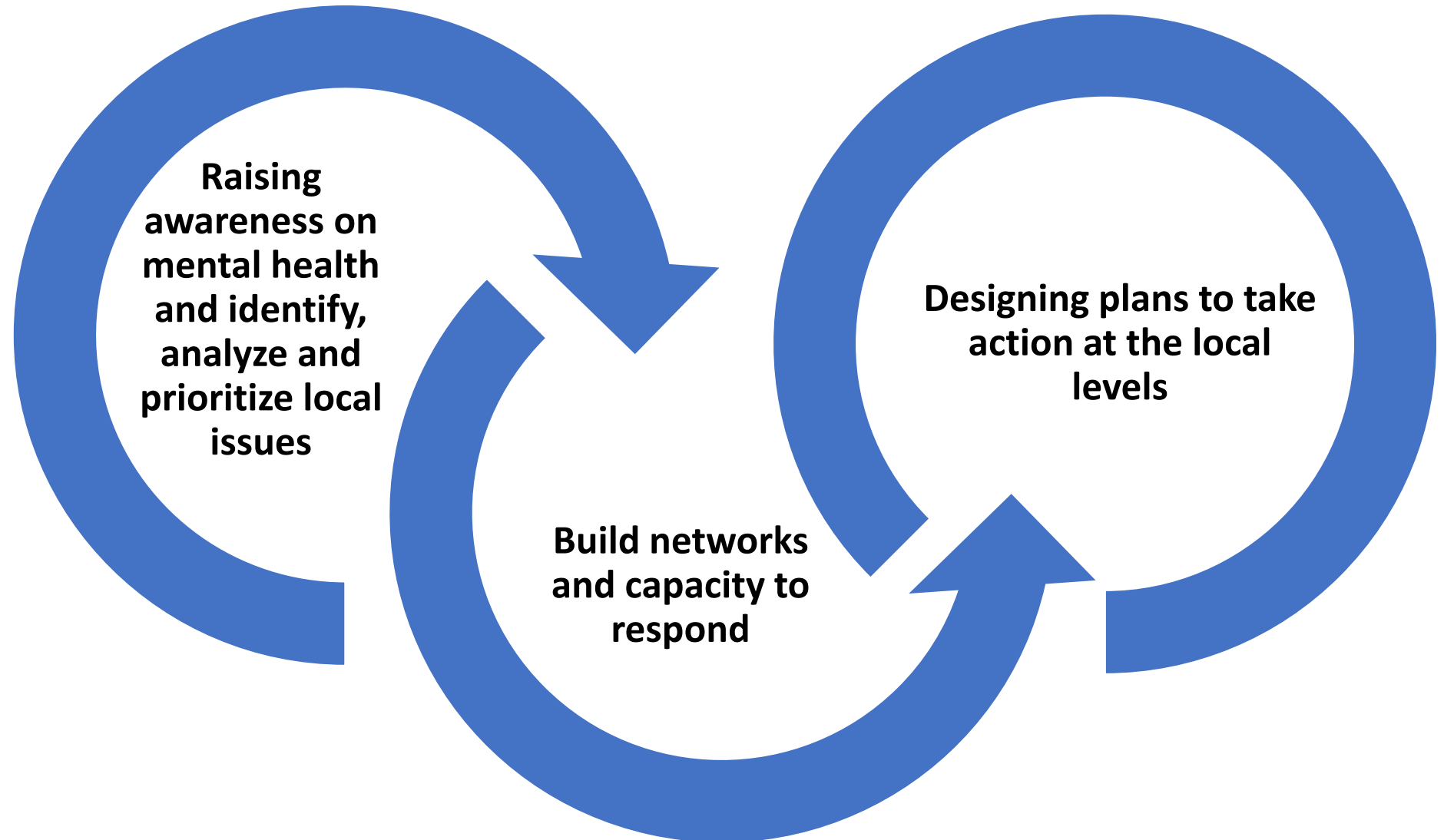


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The human rights-based model in practice

How can we build and transfer contextualized critical knowledge about Roma mental health in **North Macedonia**?



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Thank you!

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visit: www.cespyd.es

