

EXPLORING THE ETHOS OF COLLABORATION

Augustina Ampofo



PRESENTER DISCLOSURE

- Presenter: Augustina Ampofo
- No conflicts to declare



Learning Objectives

1. Outlining the value of including those with lived experience with mental illness in the design and improvement of care services.
 2. Identifying the challenges that individuals with lived experience, especially those who are women of color, face when navigating the mental health care system.
 3. Discussing potential strategies to sensitize care providers to identify and address cultural components that impact care delivery.
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EXPLORING THE ETHOS OF COLLABORATION

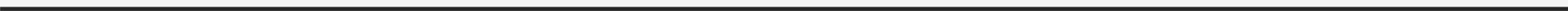
Augustina Ampofo



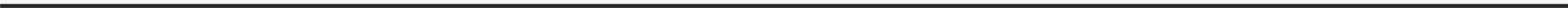
BIPOLAR II

*BIPOLAR II IS DEFINED BY A PATTERN
OF DEPRESSIVE EPISODES AND AT
LEAST ONE EPISODE OF HYPOMANIA*

JUNE 2012



JULY 2012



SEPTEMBER
2012

OCTOBER
2012



NOVEMBER
2012

Untitled November 2012

*I am terrified.
Is this what my life has become?
Hearing voices 24 hours a day,
7 days a week?
I have become occupied
with listening to the voices speak.
I am contemplating suicide.*

*My mind is playing games
with me.
How can this be?
That my own mind,
is playing tricks
on me?*

*I thought, I ruled my mind
I thought I was in control*



JANUARY
2013



MARCH
2013



Untitled March 2013

*I thought I was making progress.
I thought I could see success,
Across the horizon.*

*Depression is a constant struggle,
I am realigning the puzzle
Pieces,
I have been broken into*

*Back and forth the pendulum filled with
my emotions swings
I must begin
again
To pick myself up*

No one said it would be easy

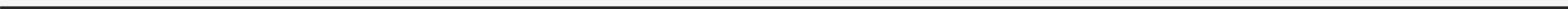


MAY
2013



SEPTEMBER
2013

JUNE
2018



Outlining the value of including those with lived experience with mental illness in the design and improvement of care services;

- Different perspectives from patients with real lived experience.
 - Patients want to be treated as individuals and want their input valued.
 - Asking patients for their feedback on how they feel about the services they are receiving in real time and evaluating those results can assist with quality improvement.
 - Patients feel empowered about their care
 - Including individuals with lived experience can assist with decreasing the stigma.
 - Patients can feel connected with the health system and not just a number.
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Identifying the challenges that individuals with lived experience, especially those who are women of color, face when navigating the mental health care system;

- Mental health is rarely spoken about in my community.
 - Cultural Competence in delivery of care is key.
 - Understanding that some people of color navigate their own mental health issues quite differently.
 - Representation matters.
 - Judgement free conversations.
 - Education
 - Diverse patient stories are important.
-



Partial Solar Eclipse

Her light radiates from day to day.

Her light radiates so intensely;

you can feel the warmth piercing then running your veins.

Her light radiates so intensely;

you can't help but to be drawn then consumed in it.

But.

Her light is sometimes partially eclipsed by the darkness.

However,

Her light and the darkness are not in a perfect circular orbit.

The darkness sometimes misses the light.

And that is when she is paramount.



THANK YOU!

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