



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



A Vision for Change
ADVANCING MENTAL HEALTH
IN IRELAND

Issue 2, January 2011

Making Cross Border Links to Address Alcohol, Self-Harm and Suicide

A Vision for Change Chapter 15.7

Over 140 representatives from the community, voluntary and statutory sectors attended a unique one-day cross border seminar in the Mellon Country Inn, Co. Tyrone. The event was aimed at increasing awareness of the links between alcohol, suicide and self-harm so that practical actions, both local and cross border could be developed to meet the needs of individuals and families more effectively.

The event organisers included representatives from the CLEAR project and the Registry of Deliberate Self-Harm project, both of which are funded by Northern Ireland's Public Health Agency (PHA), along with CAWT's European Union INTERREG IVA funded 'Time IVA Change' Border Region Alcohol project, with the support of the North West Alcohol Forum and Derry Healthy Cities.

Keynote speaker at the event Rory O'Connor, Professor of Psychology at the University of Stirling, highlighted the risk factors associated with suicide and self-harm. He said "Suicide and self-harm are major public health concerns. There are a large number of factors associated with suicide and self-harm including mental health problems, deprivation, life stress and substance misuse. Indeed, in a recent study in Northern Ireland, we found that heavy alcohol use was one of the factors strongly associated with self-harm among young people. However, more

work is needed to better understand this relationship and how to best intervene to reduce suicide risk."

Speaking at the event John Hayes, HSE Area Operations Manager, Donegal emphasised the need for increased co-ordination and co-operation between service providers. He said, "As CAWT cross border work demonstrates, the border need not be a barrier to the development of good communication and



practical co-operation between service providers in both jurisdictions. The reality is that people cross the border regularly to work, socialise and shop, so we in the HSE will support actions to enable greater cross border engagement and dialogue in order to ensure client needs are better served."

This view was echoed by Brendan Bonner, Head of Health & Social Wellbeing Improvement at the PHA. He said, "The PHA in Northern Ireland will continue to

build on the work already commissioned by us to address the underlying determinants that contribute to an individual taking their own lives or self harming. However, it's important to remember that the PHA can't address these issues alone. Often health and social care services have to pick up on the consequences of alcohol misuse and suicide, so more has to be done to drive forward a broader public response to addressing these issues in our society." He added, "The PHA is committed to working with partners on both sides of the border to bring about real change in the culture and attitude to alcohol and to commission initiatives that address self esteem and resilience building, with a focus on those most at risk, their families, communities and carers."

The event showcased models of good practice in dealing with alcohol misuse, suicide and self-harm and explored further opportunities for partnership working and cross border engagement which will be put into action in the short to medium term.





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National Music Education Programme
An initiative of Music Network, funded by U2 & The Ireland Funds

A Vision for Change Chapter 5 & 10

- ❖ In July 2009, a fund of €7million for Ireland's new National Music Education Programme was announced, made possible through a major philanthropic donation from U2 and gifts from The Ireland Funds. The National Music Education Programme is aimed at helping children and young people to access vocal and instrumental tuition in their locality. A call for applications for round 1 will be announced in January 2011.
- ❖ A series in information seminars were held across the country recently - a copy of the presentation from these seminars and further information is available on www.musicnetwork.ie/education
- ❖ Guidelines are currently being developed and those interested in applying are advised of the following:
 - Only Music Education Partnerships, which must include at least one statutory authority such as a Local Authority or a VEC are eligible to apply.
 - 50% funding, up to a maximum of €200,000 per annum over three years will be awarded to each Music Education Partnership to contribute to tuition and administration costs. Local Partnerships must show how they will generate matched resources locally and how they will plan to make the scheme sustainable in the long term.
 - The National Music Education Programme will be rolled out on a phased basis, most likely three locations at a time.

- ❖ The structural basis for this Programme will be Music Network's Music Education Partnership model, which has been successfully piloted in Donegal and Dublin. The development of the model arose from the publication of *A National System of Local Music Education Services - Report of a Feasibility Study 2003*, which was jointly commissioned by the Department of Education and the Department of Arts, Sport and Tourism to examine how a national system of publicly-supported local 'schools of music' might be provided in Ireland. See www.musicnetwork.ie/education to download a copy of this report.
- ❖ The report recognises the existing gaps particularly with regard to vocal and instrumental music education and recommends a model which involves the creation of a national system of local music education services, publicly supported, socially inclusive, community focused, multi-genre, of high quality, to complement the teaching and learning of music in the classroom.

For further information, please contact:
Rosaleen Molloy, Director, National Music Education Programme, c/o Music Network, The Coach House, Dublin Castle, Dublin 2.
01 6719429 / education@musicnetwork.ie

Team Based approaches to Mental Health in Primary Care settings.

A Vision for Change Chapter 7

As the current Irish mental health agenda aims to re-orientate mental healthcare to local settings there

has been until recently a lack of mental health education for primary health care staff in Ireland. A new educational initiative for primary healthcare staff was developed by the School of Nursing, DCU, ICGP and HSE. This module "Team based approaches to supporting mental health in primary care settings" aims to provide primary health care staff with the necessary knowledge and skills to respond to the mental health care issues that arise in primary care. In addition the module will assist primary care teams in the implementation of recommendations outlined in Chapter 7 of 'A Vision for Change' (2006), and action area of 'Reach Out - the National Strategy for Suicide Prevention' (2005).



This interdisciplinary module is for all primary care staff and involves 7 study days. Topics covered include links between physical illness and mental health/ill health. Mental health promotion, crisis intervention and the impact of mental illness. The second run of the module has just finished and over 50 participants including social workers, physiotherapists, nurses, occupational therapists and GP's have completed it so far. It will run again in February 2011. Further information is available from Catherine Brogan, Mental Health Specialist. HSE catherine.brogan@hse.ie



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Minister opens First Arklow Youth Mental Health Week

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Arklow's First Youth Health Week was officially launched during the week October 4th to October 8th last, by Mr. John Moloney, Minister for Mental Health and Disabilities. To celebrate World Mental Health Week, the theme for 2010 was Youth Mental Health, 'It's Good to Talk'. Plans and scheduling for this exciting new local initiative were achieved through the collaboration, hard work and dedication of a new committee established in association with; HSE Arklow Primary Care Clinical Psychology Team, Arklow Local Education Committee, East Wicklow Youth Service, Arklow Mental Health Association, Arklow Community Policing Unit, Mental Health Ireland, Arklow Community Development Project, Arklow Youth Strategy Group and County Wicklow Partnership.



This exciting week long event was aimed at young people aged 12-18 years and featured an art competition and workshops on topics from Eating Disorders, Suicide, Alcohol and Drug Awareness,

Mindfulness and Managing Stress, to Laughter Therapy, Drama and Theatre, Physical Activity, Beauty Therapy and Music.

Chairperson of the First Arklow Youth Week organising committee, Ms. Barbara Duffy, Senior Clinical Psychologist, Arklow Primary Care Team described the

week's event as a huge success. 'This week was a true example of collaborative working between agencies for a shared goal. The event brought about opportunities to bring young people of Arklow together to talk about issues relevant and important to them with a range of professionals and facilitators. It helped

identify areas of difficulty for young people and offered helpful information and coping strategies. Evaluations have been hugely positive. It is hoped that this successful week will be the first of many!'

Photo : From Left: Christy Breen, Linda Lambert, Hilary Sharpe, Councillor Simon Harris, Minister John Moloney, Dr. Keith Holmes, Barbara Duffy, Chairperson Organising Committee, Arklow Primary Care Team, Michael Noble, Patsy Gallagher, Eileen Ellis, Evelyn Cawley, Garda Therese Kelly, Garda Paul Hayes and Joanne O'Halloran.

Being Supported to Socialise Can Improve Social Functioning and Integration for People with Enduring Mental Health Issues

A Vision for Change Chapter 12

Dr Ann J Sheridan UCD School of Nursing, Midwifery & Health Systems

A Randomised Controlled Trial of Supported Socialisation for People with Serious Mental Illness undertaken by Dr Ann J Sheridan and her team in UCD School of Nursing Midwifery & Health Systems and funded by the Health Research Board is nearing completion. Undertaken across mental health services in the Dublin mid Leinster region, it examined if being supported to socialise results in improved social functioning, increased self esteem, extended social networks, a reduction in social, emotional loneliness and isolation, and illness related symptoms. Participants were allocated into two groups; partnered with a volunteer and unpartnered. All received a €20 monthly stipend. Participants were required to engage in a social activity weekly for a nine month period. 125 participants and 63 volunteers commenced the study. Initial results indicate that being supported to socialise has a positive effect on social functioning and social networks and those partnered with a volunteer fared better than those socialising alone. Early indications are that people with enduring mental health issues have significantly higher rates of social, family and romantic loneliness when compared to the general population. Final results of the study are expected in autumn 2011.





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The Healthy Living Programme

**Empowering Clients on the road to recovery -
Piloting of a Weight Management Programme for Clients
in the Tallaght Adult Community Mental Health Service**

A Vision for Change Chapter 5 & 12

The Healthy Living Programme (HLP) is a multi-disciplinary treatment approach to weight management for those with mental illness living in the community. The aim of the HLP is to empower clients to examine the behaviours and cognitions that affect weight management and provide practical support, motivation and nutritional knowledge to enable them to start living healthier lives.

The programme was devised by the Dietitian, with input from the multi-disciplinary mental health team, in response to the high demand for weight management intervention for clients within the service. The programme consists of 8 modules, led by the Dietitian and co-facilitated by the Occupational Therapist, run over 8 consecutive weeks. Each module includes an optional “weigh-in”, nutritional workshop and concludes with a brisk ½ hour walk around the locality.

In the most recent programme 88% of participants lost weight and the mean weight loss for the group (N=9) was 1.1kg (0.40992, 1.7234) 95% C.I, P value=0.006. For some weight loss did not occur over the course of the programme but, as was expressed in the post programme evaluation forms, graduates of the programme felt empowered to make the necessary changes to help them achieve a healthier lifestyle.

It is planned to run the programme twice a year with follow up monthly meetings for programme graduates to support the maintenance of positive lifestyle changes



*Maeve Sweeney, Dietitian & Mary Sammon,
Occupational Therapist*

Home Based Crisis Team Cork City North

A Vision for Change Chapter 11

The Home Based Crisis Team (HBCT) aims to support people, in mental health crisis, in the home. For some this provides an alternative to hospital admission. People suffering from a mental health crisis are referred to us through their consultant or GP and must have a Cork City North address. The HBCT provides a home-based crisis assessment and multi-disciplinary

treatment and intervention service for individuals presenting with acute psychiatric illness. This includes acute psychosocial crisis, acute psychiatric conditions or those with long term severe psychiatric problems who experience either of the first two problems. Since its establishment in 2006 in North Lee Mental Health Services, the HBCT has expanded in terms of staffing and currently the team consists of 3 CMHNS, Consultant, Registrar, OT, Secretary, SW and part time psychologist. The HBCT aims to treat individuals in the community, where appropriate, for approximately 4 weeks, targeting adults with severe mental illness, who require urgent assessment.





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The National Suicide Research Foundation (NSRF) launched an intensive public awareness campaign throughout Limerick as part of the innovative suicide prevention project *Optimising Suicide Prevention Programmes and their Implementation in Limerick (OSPI-Limerick)*. An outdoor advertising campaign throughout Limerick city began on Monday 3rd January and continued to Sunday 16th January.

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Since 2007, the rates of deliberate self harm in Limerick have increased significantly as in many other regions in the country. At the same time suicide rates are also on the increase.

OSPI-Limerick is being conducted within the auspices of a suicide prevention project co-funded by the European Commission's 7th Framework Programme and the National Office for Suicide Prevention. The project aims to test the effectiveness of an optimised, evidence-based, multilevel intervention to reduce suicide and deliberate self harm which complements existing national and local guidelines and actions. The approach is in line with evidence from other fields of prevention which have shown that tackling a public health problem on multiple levels at the same time is more effective than using only a single strategy. Limerick was selected as an intervention region for the project along with 3 other regions in Germany, Hungary and Portugal. The NSRF is working in close collaboration with the Resource Officer for Suicide Prevention in Limerick and the Limerick Mental Health Management Team in the implementation of the multi-level suicide prevention project.



A key focus of OSPI-Limerick is to increase depression awareness through positive mental health promotion. An increase in awareness of depression can contribute to the early identification of individuals with depression and lead to early intervention with people who may be at risk of self harm and/or suicide.

Reducing the stigma associated with seeking help for depression or suicidal behaviour and challenging inaccurate beliefs by providing factual information are also central to the OSPI-Limerick public awareness campaign.

The NSRF were delighted to receive additional funding in 2010 from ESB Electric Aid Ireland, an innovative social fund initiated by employees of the ESB, to intensify the OSPI-Limerick public awareness campaign throughout Limerick.

The outdoor advertising campaign which included bus shelters and Adboxes in shopping centres throughout Limerick city began on Monday 3rd January and continued until Sunday 16th January. The key messages of the campaign are that **depression can affect everybody** and that **depression can be treated**. The posters include information and contact details for services which people throughout Limerick can access. Smaller posters and leaflets which reinforce the messages of the campaign are also available to services and organisations in Limerick.

For further information on the OSPI-Limerick public awareness campaign please contact Dr. Ella Arensman, Director of Research, National Suicide Research Foundation, tel. 021 4277499 / 087 0522284, ella.nsrf@iol.ie or Ms. Claire Coffey, Research Officer,

National Suicide Research Foundation, tel. 021 4277499, email claire.nsrf@iol.ie.

Depression & Suicidal Behaviour

Depression can affect everybody
Depression has many faces

Depression can be treated

Depression is one of the most common and severe disorders in Ireland.
Depression affects the quality of life and can be life-threatening.

But Depression can be treated!

There are many services you can contact. For example, professionals such as your local GP, counsellors and psycho-therapists or services such as the following:

Limerick Local Health Office: 061 492249
Awaris: 1890 303 302
Samaritans: 1950 609 090
Connasola: 061 306792
Shannadoo: 1950 212 999
Slainte: 061 219633
Adult Counselling Service: ... 061 411900

Optimising Suicide Prevention
Programmes and their Implementation
in Limerick (OSPI-Limerick)

National Suicide Research Foundation
Tel: 021 4277 499
Wales: 0800 091 414

OSPI Europe

7th Framework Programme

The research leading to these campaigns is being carried out by the National Suicide Research Foundation and has received funding from the European Commission's Seventh Framework Programme (FP7/2007-2013) under grant agreement 122176. (Funded jointly by NSRF)



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**Depression can
affect everybody**

**Depression has
many faces**



**Depression can
be treated**



**Young People
& Depression**

Depression is one of the most common and severe disorders in Ireland.

Depression affects quality of life and can be life-threatening.

But depression can be treated!

There are many services you can contact. For example, professionals such as your local GP, counsellors and psychotherapists can help, or services such as the following:

Optimising Suicide Prevention Programmes and their Implementation in Limerick (OSP-Limerick)



www.betweensknow.ie Information to help young people look after their mental health

www.love.ie Helps people and families affected by depression

www.bodywhy.ie Support service for people affected by eating disorders

www.helpline.org Organization for Lesbian, Gay, Bisexual and Transgender young people

www.ie.mh.women.ie Support service for teenagers whose parents are going through a divorce/separation

National Suicide Research Foundation
Tel: 081 4977 499 Web: www.nsrfr.ie

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Recovery to celebrate 40 years in Ireland in 2011

A Vision for Change Chapter 12

In 2011 it will be 40 years since the first Recovery Self-Help Meeting was held on 26 March 1971 in Cana House, Melrose Ave, Fairview, led by the late Gerry Burgess. From that meeting of three people, the organisation which supports people struggling from stress, tension, anxiety, panic attacks, mood disorders, sleeplessness, fear, worry, anger and hopelessness, has grown substantially. It now conducts 26 meetings nationwide and one telephone meeting for those unable to get to a face-to-face meeting. Also a meeting catering for young people's mental health issues was recently set-up in Abbey Street, Dublin and plans are in place to have similar meetings for young people in other locations nationwide.

Through the work of Recovery literally thousands of people over the years have been able to overcome their nervous symptoms to lead full and peaceful lives. In essence the Recovery method is a system of cognitive behavioural techniques used to change thoughts and behaviour and as a result changes in attitude and beliefs follow.

If you or you or loved ones are finding it difficult to cope especially in these unprecedented stressful times, you are not alone. Check out the Recovery website for details of the self-help meetings nearest you and go along, it could transform your life for the better. If there is not a meeting near you, Recovery will help you set up your own one. For further information see www.recovery-inc-ireland.ie or contact Recovery Inc, Ireland 01-6260775. **The power to change your life is in your hands!**



Some of Recovery's group leaders at a recent meeting in Dublin

Back row (l to r) Michael (Clondalkin), Mark (Navan), Paddy (Balbriggan), Brendan (Killester), Ed (Rathgar)

Front Row: Jenny (Beaumont & Clontarf), May (Rathgar), Rosaleen (Eccles St.), Hugh & Joe (Navan), Barry (Deansgrange), Annette (Clondalkin), Maire (Liffey Valley).





**The Mental Health Services Learning Hub - Health Services Executive
Vision for Change Chapter 18**

The Use and Function

The Legal activity Project Group within the HSE have launched the Mental Health Services Learning Hub through HSELand to deliver an online learning portal to assist them to manage learning and development across the department and support individual practitioners in their continuing professional development. The aim of the mental health e-learning hub is to provide accessible, flexible and high quality education and training, resources/programmes which will enable practitioners to achieve competencies for best practice. It will also facilitate the introduction of training and linkages to personal development plans as recommended document "Vision for Change" (DOH&C, 2006).

The learning portal includes a wide range of online learning resources to support mental health practitioners to:

- Have easy access to learning support materials;
- Manage their continuing professional development;
- Facilitate knowledge sharing and collaborative learning; and
- Provide a more cost-efficient and delivery of mandatory training to staff.

The Learning Hub is attractively designed, easy to use and packed with stimulating learning content specifically relevant to mental health professionals. Users login using a secure password and have access

to a wide range of interactive learning and development resources. Administrators can use the content management system to edit/update content and moderate blogs and discussion forums. A reporting functionality will also facilitate reports/alerts on learning activity.

**Features of the MHS Learning Hub:
Catalogue of E-Learning Courses**

The eLearning Catalogue gives learners access to a wide range of online learning resources (mandatory and optional) to help them develop their competencies and capabilities. Titles include: 'Understanding the Mental Health Act, 2001'; Assisted Admissions in Relation to the Mental Health Act, 2001; the Role of the Authorised Officer, the Role of the Mental Health Act Administrator, Integrated Discharge



Planning; Advocacy for Older People in Residential Care; and Recognising and Avoiding Burnout.

My Profile

Learners can create their PDP (Personal Development Plan) and then access and manage their personal profile on the

hub (name, job role, contact details, research interests, and photograph. They can access their eLearning Catalogue.

Learning Framework

The learning framework offers best practice guidance to help practitioners identify the minimum standards of competency appropriate to their role, and suitable learning and development activities to improve their capabilities.

Community of Practice

The community of practice allows mental health practitioners across Ireland to collaborate, share ideas and teach each other. It includes

- discussion forums (specific to job role);
- blogs;
- e-learning, pod casts, case studies, legal judgements, policies and research;
- learning materials to support evidence based care;
- up-to-date advice on best practice; and
- frequently asked questions (FAQs) relating to the Mental Health Act, specific job roles with MHS, the learning framework and continuing professional development.

EReference Library

The eReference library brings together personal development resources, organisational development resources and leadership and management resources. It also provides links to the IMI Library and Lenus Health Repository.

Additional Resources

The MHS Learning Hub also includes a **Publications Library, Events Calendar, Latest News** and **Glossary of Terms**.

Learning Outcomes

- Stated organisational learning priorities with identified competencies
- Clarity in relation to required skill sets and responsibilities for same
- A competency based framework that can be delivered in clinical practice
- An ethos of proactive organisational learning



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- Skilled competent and knowledgeable practitioners who are able to carry out their legal responsibilities in a safe and supportive manner.
- In essence a framework that simultaneously addresses mandatory standards (MHA 2001) and quality framework (MHC, 2007), HSE Quality and risk agenda (2009) and minimises legal, financial and reputational risk

How do I join The Mental Health Services Learning Hub?

A registration process is in place to capture data required for membership, set up and participation. You must firstly register with HSEland to access the MHS Hub.

- Log into www.hseland.ie and complete the registration process.
- Using your HSEland Username and password click on the link to the Mental Health Services button on the HSEland homepage,
- Complete the registration process
- Membership requests will be dealt with by an administrator of the Hub
- Once your request has been processed you will receive an email informing you whether your membership to the hub has been accepted or declined.
- After approval to the hub you should then Log into www.hseland.ie using your HSEland **Username** and **Password** and click on the link to the Mental Health Services Hub on the HSEland homepage. You will automatically be logged into the hub.



For further information on the Hub, please contact Amelia Cox (086 3802605) or Anthony Fitzpatrick (087 2218643)

Community Services come together to respond to mental health needs of young people in Galway

A Vision for Change Chapter 10

A number of community services are to come together under the one roof to provide an integrated community based response to the needs of young people in Galway city and county. The centre serves as a one stop shop for young people's mental well being with a particular emphasis on early and brief intervention services. The agencies involved in the initiative include the HSE, Headstrong, Mental Health Ireland, Foróige and Youth Work Ireland.

Supports provided from the centre include:

- Jigsaw
- Aftercare
- Drugs service
- Youth Homelessness
- The GAF Health Advice Café
- Adult Mental Health
- Child & Adolescent Mental Health support services

Some services will be provided on a full time basis while others will be provided through sessional supports.



This coming together of service providers and agencies is in keeping with the ethos of Vision for Change of bringing services to the community in the Community.

Brian Howard the CEO of Mental Health Ireland (tenants of the building) said that "What's important about this centre is that it is seen as a community asset and that the community take ownership and utilise it to its maximum. This new centre will further improve the availability and utilisation of existing services"

Adrian Ahern, HSE Manager of Mental Health Services in Galway, said, "The move to the new premises is based on best practice and value for money on a number of levels. It represents a saving of 35% on current rental costs with greater potential for expansion with an increase of over 5000 sq ft based on existing levels".





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Evaluation of the post: Practice, Education, Research Expert by Experience

A Vision for Change Chapter 3

The post Practice, Education, Research: Expert by Experience (PERBEYE) was developed in April 2007 as a partnership project between Dublin City University and the HSE National Office for Mental Health. PERBEYE was developed in recognition of a growing requirement for service users to be involved in and influencing mental health service improvement activities. Areas for service user activity identified for particular attention were: Research, Education and Practice. Vision for Change was a precipitating factor to the development of the post which was always intended to compliment other service user developments bringing credibility to ‘different kinds of knowledge’ and expertise that service users can offer. A multi methods evaluation of the post is presently being conducted with a report on findings due in February 2011. A preliminary summary of findings demonstrate a positive response to the evolving role.

Findings

There is a strong desire from a range of stakeholders for the post to be further developed. It has influenced service culture, raised the profile and capacity of service user involvement at local and national level. In addition, the role provides a focus for leadership and influence to ensure service user involvement remains a priority in developing services.

International stakeholders argued that Ireland is leading the way in creating such a broad ranging post and they themselves aspire to similar developments.

The quote below provided by the post holder illustrates aspects of where we currently are at regarding service user involvement in Ireland:

‘We have arrived at a place where there are a number of people with similar experiences, knowledge and skills that are being utilised in the development of health education, practice and service development. We could also develop service user’s own educational pathways. This will ultimately impact positively on their mental health and through increasing successes challenge the continued stigma and stereotyping of people with mental health problems. These all need to be supported and funded throughout the education system and through the solidification of strategic partnerships within health services.’



‘Cooperative Learning Course: Service Improvement Leadership for Mental Health Service Users, Carers & Service Providers’, where is it at now?

A Vision for Change Chapter 3

The mental health service improvement programme delivered through the mechanism of the *Cooperative Learning Course: Service Improvement Leadership for Mental Health Service Users, Carers & Service Providers* at Dublin City University has been running for four years with the fourth programme in its final phase. The programme was established and is guided

by a steering group comprising of people from national service user and carer organisations (Irish Advocacy Network & National Service User Executive), the national office for mental health, local participating mental health service management teams and a team at Dublin City University. The purpose of the programme is to: develop an effective participative change process; to develop local leadership teams comprising service users, carers and professional care providers; to create a participative change process in services; and for each team to implement an effective service improvement in local mental health services.

An evaluation has been completed on the first two years of the programme and the report is to be published in March 2011. The following summary offers some insights into the successes and challenges for people, services and sustainability of change drawn from the findings of the evaluation.

Service improvement projects:

There were eleven service improvement projects commenced in 2008 with varying degrees of completion reported:

- Establishment of a tripartite working model between service users, carers and service providers with the initial improvement to identify the needs of service users from perspectives of all three.(two projects)
- Improving the extent of engagement with outpatient service through a user focused (SMS messaging) reminder system
- Changing the appointment call system in a health centre to provide dignity, respect and privacy



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within public waiting rooms for people attending psychiatric appointments

- Establishing a website to provide localised information on range of services and supports available to service users and carers
- Developing a directory of local voluntary and statutory services with access routes and resources available
- Developing both a carer and service user council to inform and guide service delivery
- To increase awareness of the role of carers for students, care professionals and service management
- To respond to the needs of service users as identified by previous leadership groups in same service
- To introduce peer advocacy into a service
- Bridging the information gap establishing a core set of information requirements that service users require from mental health professionals and highlighting these on distributed bookmarks

Six of the projects have now been successfully implemented, four partially completed though still underway and one project had limited success though still being negotiated within service.

Developing the participative process:

Although the initial projects can be seen as exemplars of service improvement, the success in leading a participative process towards ongoing service improvement and embedding it in service culture is crucial to sustainability and systemic change. Seven services participated in the process and one indicator of success is the continued development of leadership teams each year. Five areas have service development

structures in place where the leadership teams, mentors and other stakeholders in services continue to meet and generate ideas and service improvement plans that inform the organisational decision making. These services utilise the communication networks of service users, carers and professional groups to include their agendas in the tripartite discussions and decision making processes. Of these five, four services have direct participation of leadership teams on the senior management board and subsequent influence on the decision making of those organisations. Within the first two years, three services had developed Open Dialogue 'Triologue' forums in services to continue the participative inclusive dialogue around ongoing service improvements.

Sustaining improvement:

For participating services, a critical mass of leaders skilled in the implementation of effective participative service improvements and generating a culture of participation and Open Dialogue is emerging and likely to affect cultural transformation in services; to hopefully ensure sustained change. There are already early indications that for some organisations sustainability is embedded in the process of service development.



One of the challenges for the programme team and steering group is the increasing interest of other services and agencies in becoming involved with the programme and it is essential that there is scope for wider involvement if systemic service change can be initiated and sustained. Programme team and leadership groups are outreaching into their own organisations and others with training and skills development in participatory and open dialogue processes. When exploring these options further the findings suggest that presently the course itself is crucial to success and it may be necessary to duplicate it elsewhere. However, through outreach work, regular presentations of work in progress and publications updates, a sustained interest and activity is being maintained.

Whilst systemic service improvements enshrining the principles and values of a Vision for Change are becoming increasingly visible, ultimately sustained success rests with the capacity for individuals and communities to understand and respond better to mental distress. One of the outcomes of this programme was an identified need for more neutral open dialogue forums 'Triologue meetings' focused within communities. A project developing a Mental Health Triologue Network is subsequently underway

Within the first two years it is difficult to gauge the extent of sustainability; however this will be specifically evaluated in 2012 with inclusion of the next two programmes and the development of the parallel project developing the Mental Health Triologue Network.





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South Lee Mental Health Services Togher / Ballyphehane Responding to Vision for Change

A Vision for Change Chapter 4,9 & 12



In turning principles into practice the City South West catchment area of South Lee Mental Health Services responded to Vision

for Change (2006) by way of embracing a collaborative and partnership style ethos reflected by an integrated community approach. *Recommendations were made that Mental Health Services should be community based as well as adopt Recovery Orientated Programmes.*

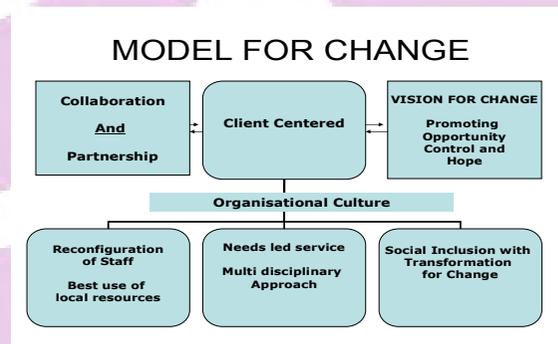
Recommendation 12.5-Chapter 12 Vision for Change (2006) and Recommendations 9.1 and 9.3-Chapter 9 have been embraced in terms of MDT working supporting a needs led service. In Chapter 4 Recommendation 4.5 suggests taking account of local deprivation patterns highlighting areas needing extra resources. We set out as a team to explore same.

What we simply did!

Firstly we established a knowledge base incorporating national and local research which led to a clear demographic profile in relation to the social deprivation in the area, (SAHRU Index, 2006). As a team we carried out an audit on 600 of our clients to determine the presenting type of mental health problems that were most common. Approximately 130 of our clients suffered from schizophrenia whilst most

suffered from depression and anxiety related illnesses (City South West Audit, 2007). We then consulted and disseminated findings with key community stakeholders. We then began to do what we do best! **(Deliver Care)**. We found that the new vision: it being holistic and supportive of a community integrated ethos supported our clients best. We built social capital with local voluntary groups and clients attended community centres, family centres, cinemas and even kayaking on the river Lee. The local Community Development Project as well as the Arts and Minds group assisted in providing quality mental health care.

The model for change helped below us to have a frame in which we could operate but it also allowed us flexibility and autonomy in that we began to think outside of boxes and labels.



**For further information contact: Mr. Jim Hankard
Director of Nursing 021 (4927284) South Lee Mental Health Services**

City Links North & South Lee Mental Health Services

A Vision for Change Chapter 4



City Links is made up of the following partnership of North & South Lee Mental Health Services.

City Links is a collaborative/partnership driven initiative and responds to Chapter 4 of the Vision for Change document in many respects highlighting Recommendation 4.2 and 4.3. specifically. This in turn responds to Recommendation 4.6. in terms of up skilling and training. Employment continues to challenge us and is not as easy to tackle, yet!

City Links is for anybody who wishes to explore further educational and personal development opportunities but has been prevented from doing so by reason of having a mental illness or personality difficulties.

City Links offers its clients the opportunity to further their social, personal and educational development by means of a range of courses designed to meet the needs of clients at all levels.

City Links offers clients a range of personal development opportunities, from the first steps of social interaction and a return to education to courses designed to prepare clients for full re-integration into mainstream education.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



A Vision for Change
ADVANCING MENTAL HEALTH
IN IRELAND

Issue 2, January 2011

Currently City Links offers a number of courses, with an emphasis on social inclusion and integration re mental health

- It offers a social and skills course of 8 weeks duration with **Meitheal Mara** who are involved in constructing boats and woodwork craft with a traditional Irish influence.
- It offers a Spring/Summer course in **St. John's Central College** where clients can enjoy craft and social activities incorporating a wide range of subjects from computers to photography.
- Radharc Nua which is a creative arts initiative within St. John's with more emphasis on being creative using different art techniques.
- Finally, we offer a full academic year course preparing clients for a return to **full-time education**. This is based on a mix of craft, computer and personal development subjects, with a social skills dimension, and offers **FETAC accreditation** for those who wish to avail of it.

Contact details -
Chairperson-City
Links

Mr. Ned Kelly Director
of Nursing North Lee
Mental Health
Services

Land Line 021
4921697/ Mobile
0879819183



Wellness Workshops

Do you want to learn...

- What it is that causes your mood?
- How to take control of your busy life?
- How to turn yourself to "you first" for a minute or two throughout your day?
- How to identify the supports that are all around you?

"The Wellness Workshop" is a day filled with practical and easy to use focused strategies that will help you take responsibility for your own mental health. It's a fun and enjoyable day that will help you invest in yourself.

You will leave with the experience that will help you change your own life.

As part of the See Change programme this workshop will be coming to a venue in your county soon.

For details call 1890 577 577 or email course@nuiddeorainnhs.ie

Wellness is a word for Ireland's National Institute

Upcoming NYCI Training Opportunities - January/February 2011

**Wednesday/Thursday, January 26th/27th
Child Protection Training for Trainers**

Duration - 2 days
Location - Marino, Dublin
Description - The course is an induction and familiarisation training for existing trainers in the use and delivery of the four-hour Child Protection Awareness Programme.
Course fee - Free of charge
Learning content: • To familiarise trainers on the use and delivery of our Child Protection Awareness Programme. • To prepare and support trainers in

delivering the programme thereafter, within their own organisations.

Designed for: Existing Child Protection trainers.

Numbers: Approx 12-20 participants

Tuesday, February 1

Good Practice in Sexual Health Promotion

Duration - Full Day

Location - Galway

Description - This course is a follow on from the Delay/B4U Decide training or other sexual health courses. It aims to strengthen the organisational environment for the delivery of sexual health programmes and will consider the development of policy and good practice. Participants will receive a copy of the 'Sense and Sexuality' resource and the 'TRUST' (Talking Relationships Understanding Sexuality Teaching) pack.

Course fee - Free of charge

Learning content • To examine the context for addressing the sexual health needs of young people. • To discuss the role of organisations in relation to this work. • To examine the support needs of workers and organisations in the area of sexual health. • To identify rationale and process for policy development. • To explore good practice with regard to sexual health education programmes.

Designed for: Youth workers who are interested in developing their practice and policy in relation to sexual health work with young people.

Numbers: Maximum of 20 participants

Friday 4th February

Understanding Psychosis in Young People

Duration: Full Day

Location: Dublin

Cost: No Cost. Description: Mental health disorders in young people are a growing concern. Psychotic disorders for example affect 4 in every 100 people.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



A Vision for Change
ADVANCING MENTAL HEALTH
IN IRELAND

Issue 2, January 2011

Psychotic disorders combined with alcohol and drug misuse is of particular concern.

The good news is that early detection and treatment of psychosis can help people to return to a normal life. However often people with psychosis can be unwell for nearly 2 years before seeking help. Youth Workers are ideally placed to identify young people experiencing the early symptoms of psychosis and support them to seek help.

The National Youth Council, Swords/Baldoyle Youth Services and DETECT (Ireland's first early intervention in psychosis service) have developed a training programme which will equip Youth Workers with the skills to recognise and help a young person who is suffering from the early stages of psychosis. The training will also advise youth workers on services available and where to seek help.

Monday, February 14

Child Protection Awareness Programme

Duration - 2 x 2 hour sessions

Location -

Description - A 2x2 hour awareness programme for youth leaders delivered as an individual training module or as part of overall youth work training. This programme is also available in Irish, Polish and French and through sign language.

Course fee: Free of charge

Learning content - The Awareness Programme will provide:

- An understanding of the relevance of child protection to youth work.
- An awareness of the broader context for this work.
- An exploration of a range of attitudes in relation to this issue.
- An awareness of the definitions of child abuse.
- An awareness of how workers might become aware of/have concerns about abuse.
- An understanding of the characteristics which might render an individual suitable/unsuitable for working with children/young people.
- Possible responses for dealing with disclosures, concerns or suspicions in relation to child abuse.
- An

understanding of reporting procedures. • An understanding of the use of a code of behavior including the key elements.

Designed for - Youth leaders in an organisation.

Numbers: Approx 12-20 participants

Tuesday/Wednesday, February 15th/16th

Leave it till later - Delay Training

Duration - 2 Days

Location - Carrickmacross, Monaghan.

Description - This training course is offered in conjunction with the Crisis Pregnancy Agency. This training and accompanying resource will explore the concept of delaying early sex among young people.

Course fee: Free of charge Duration: Two days Learning content • To look at the causes and effects of early sex and current research findings. • To understand the role played by the media and peer pressure on young people and early sex. • To explore a range of ways of working with young people to help them make positive and healthy decisions for themselves. • To gain skills to pass onto young people in how to say 'No' and resist pressure. • To explore the role of friendship in the development of healthy relationships.

Designed for - Anyone working with young people in a youth work, out-of-school or non-formal education setting.

Numbers - Maximum of 20 participants

Thursday, February 24th

Embedding Diversity in Youth Work

Duration - 1 Day

Location - Waterford City

Description - Is your youth group as diverse as it could be? This training will introduce participants to NYCI's recently developed diversity toolkit 'Access All Areas'. This resource can be used to carry out a diversity assessment on youth projects. It will demonstrate how to develop an action plan based on identified gaps in

service and present practical routes to achieve new diversity goals. This course can provide understanding on meeting the requirements of the NQSF.

Course fee: €50

Learning content: The training will build understanding on:

- Why diversity work is important
- What difference it can make to young people
- What youth workers can do to ensure diversity is the norm in their services
- Meeting the needs and issues of diverse youth in your community.

In planning for change it will:

- Guide participants through self assessment of their organization
- Examine practical ways to achieve new diversity goals
- Give practical tips for engaging with a wide variety of young people
- Lead participants through the development of an action plan to bridge the gaps identified.

Designed for - Volunteers and staff of youth organisation working with young people in out-of-school settings. It is designed specifically for anyone involved in planning, evaluation and programme development.

Numbers: Approx 8-20 participants

Booking information for all courses at www.youth.ie/training, or ring 01-4784122.





A Vision for Change Event Calendar

| Date | Event | Location | | Time |
|----------------------------|---|-------------------------|---|---------|
| Mon 17 th Jan | Community forum meeting | Kerry | Carlton Hotel, Tralee | 7.30pm |
| Mon 24 th Jan | A Vision for Change - 5 Years on - View from the Mid Point | Dublin | Dublin Castle | 10.00am |
| Mon 31 st Jan | Community forum meeting | Galway City & County | Menlo Park Hotel Terryland | 7.30pm |
| Mon 7 th Feb | Community forum meeting | Cork | Gilbert Centre, Mallow Community Campus, Fair Street, Mallow | 7.30pm |
| Mon 14 th Feb | SOS Fee wellness workshop | Dublin | Radisson Blu Royal Hotel, Golden Lane, Dublin 8 | 10.00am |
| Thurs 24 th Feb | Community forum meeting | Louth | Westcourt Hotel, West Street, Drogheda | 8.00pm |

If you have an article(s) that you would like included in the next issue of *A Vision for Change Advancing Mental Health in Ireland* please forward to catherine.brogan@hse.ie before Friday 4th March 2011.

All articles must be submitted in word format, with 150 words per article, photos and contact person for further information.

If you would like to advertise an upcoming event in your area or organisation please email catherine.brogan@hse.ie before Friday 4th March 2011

The next issue of *A Vision for Change Advancing Mental Health in Ireland* will be Monday 21st March 2011