

Increasing help seeking – creating opportunities for the workforce and members of the public to engage in early interventions to support well-being:

Aim: To engage members of the workforce in the HSC and C&V sector and the public in early interventions to support well-being.

Target audience: adults across our communities (regional) and the workforce in the HSC and community and voluntary sector. As this is early intervention and low intensity work (self-help), it is not aimed at people with more severe mental health challenges.

Background

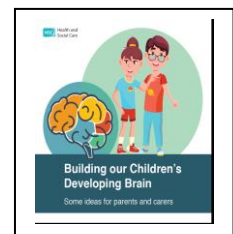
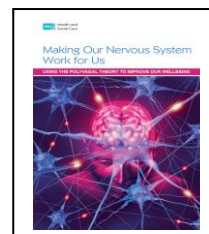
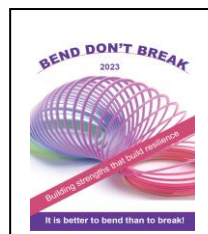
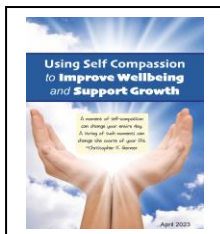
It is estimated in areas of the UK, 17% of the adult population have mental health problems with only 30% of those affected individuals seeking professional help. (McManus, S et.al. 2014)

There is a tendency to delay help seeking and problems tend to exacerbate over time. While barriers to help seeking exist, 'perceived need' and accessibility has been found to be key barriers to help-seeking. (Brown, J.S.L et. Al, 2022)

What is proposed is taking four self-help resources currently in existence, creating on-line interventions to enable people to do the work from these resources, and make use of on-line psychoeducational workshops to engage and motivate participants to use these low intensity interventions. Research has suggested this model has proved beneficial in engaging people who previously have not sought support. (Brown, J.S.L et. Al, 2022)

The four interventions include:

- Using Self Compassion to Improve Wellbeing and Support Growth
- Bend Don't Break: a low intensity CBT based self-help to support resilience.
- Making Our Nervous System Work For Us - Using the Polyvagal Theory to Improve Well-being
- Building our Children's Developing Brain: aimed at parents to help build emotional regulation with their children.



Time scale

From September 2023 until March 2024, 9 psychoeducational workshops, have been organised via zoom to engage participants in the work. (see appendix one for dates of workshops)

Organizational and delivery partners

The drivers of this work is ASCERT, the Health Development in the South Eastern H&SCT and Health Improvement in the Western H&SCT.

Development of the on-line versions of the interventions will be coordinated by staff from the South Eastern H&SCT and ASCERT

The organisation and recruitment for attendance of the workshops will be the responsibility of Health Improvement in the Western H&SCT who will use Event Brite to for people to register for the on-line sessions.

Delivery of the psychoeducational workshops is from Ed Sipler of the South Eastern H&SCT who authored the resources.

Marketing: A key to the success of this initiative will be the effective marketing of the sessions to maximise attendance. Building awareness of this work will be a start. Creating sustained interest and desire can be furthered by testimonials of the benefits gained through this work from evaluations received. Marketing will involve maximising social media and communication departments from all the stakeholder organisations. This will require an agreed graphic to promote the resources on social media and internal websites with particular attention to language used.

It is proposed that a launch of the work is held to generate publicity and enthusiasm to drive this initiative forward coincides with World Mental Health Day on the 10th of October, 2023. This will create a platform to promote the work: through social media.

Evaluation: Each of the psychoeducational workshops will have an evaluation and each of the on-line interventions has an evaluation component on its web platform, all be it qualitative, to gauge impact.

Sustainability: A working party could be convened to oversee the evaluation which will be essential to consider the benefit this work has on those involved and sustainability beyond March 2024. In addition, it can support marketing processes and housing the resources so people attending the workshops are directed to the resources consistently. This working party can also identify links with regional strategic direction i.e. Infant Mental Health Framework, Mental Health Strategy and organisation's efforts to support the well-being of their workforce.

As the regional campaign running between world mental health day and world suicide awareness day theme is Hope Through Action, this proposal creates significant action; not only running workshops for people to attend, but also encouraging use of on-line interventions to do the work offered.

References

Brown, J.S.L et. al. How Can We Actually Change Help-Seeking Behaviour for Mental Health Problems among the General Public? Development of the 'PLACES' Model. *Int. J. Environ. Res. Public Health* **2022**, 19, 2831.

McManus, S.; Bebbington, P.E.; Jenkins, R.; Brugha, T. Mental Health and Wellbeing in England: Adult Psychiatric Morbidity Survey 2014; NHS Digital: Leeds, UK, 2016.

Appendix1: calendar of events

The psycho-educational sessions below are aimed at applying the content for one's personal use and development. Training for practitioners to use this type of low intensity work as "guided self-help" will have additional training events in the Autumn of 2023 and winter of 2024. It would help practitioners who want to use the resources in their work to have a greater understanding of the content by personal application by attending these psycho-educational sessions though not mandatory.

Course	Date	Time
Bend Don't Break	Tuesday 12 th September 23	10am – 1pm
Self-Compassion	Tuesday 19 th September 23	10am – 1pm
Building Our Children's Developing Brains	Tuesday 26 th September 23	10am – 1pm
Bend Don't Break	Wednesday 18 th October	10am – 1pm
Self-compassion	Tuesday 14 th November 23	10am – 1pm
Bend Don't Break	Thursday 7 th December 23	10am – 1pm
Bend Don't Break	Tuesday 16 th January 24	10am – 1pm
Self-Compassion	Tuesday 20 th February 24	10am – 1pm
Building Our Children's Developing Brain	Tuesday 12 th March 24	10am – 1pm

A workshop on using the Polyvagal Theory is organised for foster carers in the South Eastern Trust on the 12th of December 2023.