

A Trauma Informed Approach To Support The Mental Health And Wellbeing Of Children, Young People, Families And Adults

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SE Healthy Living Centres Alliance

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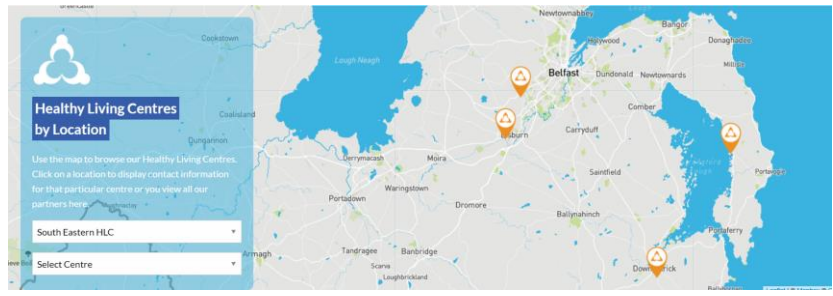
The *ele*
Community
Foundation
Northern Ireland



Healthy Living Centres

www.hlcalliance.org

- 28 HLC in Healthy Living Centre Alliance across NI
- Mix rural and urban in areas of high levels of deprivation
- 4 HLCs in the SE cover a population approx. 345,000 people



Trauma Informed

“The goal of trauma informed approaches, services and interventions is to promote emotional regulation. Emotional regulation occurs in a context of physical and psychological safety. Trauma informed practice therefore prioritises physical and psychological safety across all levels of communities and organisations. This approach also recognises that humans have evolved to live in social groups, in families and in communities, and it is through relationships that psychological safety is established, and healing is promoted.”

Prof Siobhan O’Neill, NI Mental Health Champion

Ref: Evidence to the Health Committee. A Trauma Informed Recovery Plan.

Co Design Process

- Development of an Integrated SE Mental Health and Wellbeing Hub
- Learning from SPRING SP, Warm Well & Connected & other local HLC programmes
- Lived experience: Access to support (step2); gaps in provision for young people, multiple pathways or “cul-de-sacs”
- Engagement with Connected Minds Youth Committee
- Social Media (198 responses over 36 hours)
- Partner engagement across sectors and services



Get Help Here Project

Application to the Community Foundation









What do you think about the name?

do not like
too basic
oo literal
make people embarrassed
sad
dont like
too serious
to get help
cringe

What is SE Mind Matters

HEALTH & WELLBEING HUB

-  **Trauma informed** package of support for people experiencing and/or caring for people with poor mental health at the point of need (age 5+)
-  **Single point of access for everyone** (referral/self-referral)
-  **Integration directed by person/family** - share expertise, **data**, resources, capacity to build the support around the person/family across services/sectors
-  **Early intervention** ‘right support, at the right time delivered by the right person’
-  **Build capacity** to create more trauma informed communities
-  **Treating everyone well** – trauma informed approach across all those engaged with the project.



What is SE Mind Matters

HEALTH & WELLBEING HUB

The Hub will provide support to individuals (young people & adults), families and carers who are experiencing mental health issues or living with a mental health condition.

Lead by the Healthy Living Centre in your area:

-  County Down Rural Community Network
-  Peninsula Healthy Living Partnership
-  Poleglass Community Association @ Sally Gardens
-  Resurgam Healthy Living Centre



Operational Structure



- 👤 4 SE HLCs were involved in the development and delivery
- 👤 CDRCN was lead and accountable organisation
- 👤 Co-ordination – staff in CDRCN and Rhlc were given additional hours to support
- 👤 Project was over 30 months – operational for 24 months.
- 👤 Total funding of

Each HLC had

- 👤 Social Prescriber (18 hours)
- 👤 Administrator (10 hours – except CDRCN)
- 👤 Funding for counselling
- 👤 Funding for therapeutic support
- 👤 Programme Costs

What support looks like?

Social Prescribing (n 731/320)

- 🧑‍🤝🧑 One to one support to meet your needs
- 🧑‍🤝🧑 Co-creating plan between Social Prescriber & person
- 🧑‍🤝🧑 Connecting to programmes & support in their community
- 🧑‍🤝🧑 Open to people aged 14+

Trauma Informed Capacity Building

- 🧑‍🤝🧑 Community Resilience Model(CRM) (Elaine Miller-Karas)
- 🧑‍🤝🧑 295 people (150/150 webinar & 145/120 CRM training)
- 🧑‍🤝🧑 Compassionate Inquiry (Dr Gabor Maté)
- 🧑‍🤝🧑 19/20 people completed CI

SE Mind Matters
HEALTH & WELLBEING HUB

The Hub will provide support to individuals (young people and adults) families and carers who are experiencing mental health issues or living with a mental health condition.

The Hub will provide a single point of contact for the following core services:

QUICK ACCESS COUNSELLING
Providing talking therapy support to people aged 11yrs+

SOCIAL PRESCRIBING
Providing 1 to 1 support, connecting you to programmes and activities in your local community to meet your needs e.g. social clubs, youth groups, physical activities, general wellbeing programmes and sign posting to people aged 14yrs+

THERAPEUTIC INTERVENTIONS
Providing programmes and therapy supporting self-care and recovery e.g. play, music, animal and art therapy. Available to families and individuals aged 5yrs+.

A COMMUNITY APPROACH TO MENTAL HEALTH & WELLBEING

What support looks like?

ACCESSING SE MIND MATTERS HEALTH & WELLBEING HUB SERVICES

STEP 1 Contact is made with your local Healthy Living Centre to access SE Mind Matters services.

STEP 2 SE Mind Matters team will arrange a meeting with you to discuss your support needs and options.

STEP 3 You and/or your family will be supported to engage in community-based services, therapies and activities.

STEP 4 SE Mind Matters team provides on-going support throughout your journey.

For Further information about accessing our services please contact the Health Living Centre in your Area.

COUNTY DOWN RURAL COMMUNITY NETWORK
Ballymote Centre, 40 Killough Road,
Downpatrick, BT30 6PY.
T: 028 44 612311
E: mentalhealthproject@countydowrccn.com

PENINSULA HEALTHY LIVING PARTNERSHIP
4 Church Grove, Kircubbin, BT22 2SU.
T: 028 427 39021
E: info@peninsulahealthyliving.org

POLEGLASS COMMUNITY ASSOCIATION @SALLY GARDENS COMMUNITY CENTRE
Steele Road, Poleglass, BT17 0UJ.
T: 028 90 627250
E: laura@sallygardens.org

RESURGAM HEALTHY LIVING CENTRE
89 Drumbeg Drive, Lisburn, BT28 1QJ.
T: 028 92 528233
E: healthylivingcentre@resurgamtrust.co.uk

This programme is funded by the Department of Health's Mental Health Support Fund and administered by the Community Foundation Northern Ireland.

Quick Access Integrative Therapies

- Providing access to trained counsellors/therapists (step 2)
- Not crisis support
- Open to people aged 11+
- Includes discussing ongoing support needs, safety planning & assessments
- N 1700/1500

Therapeutic Interventions

- Offering a range of options for therapeutic support
- Play, art, animal or holistic therapeutic approaches
- Families, group or individual support
- Offered for those aged 5+
- 751/500 hours tutored sessions

People will benefit from being engaged in the programme by having timely access to support that meets their needs and (if needed) that of their families to improve their mental health, self-manage their health and wellbeing and promote recovery.

- 👤 95% people contacted within 5 days of contact.
- 👤 906 people accessed support over 24 months
- 👤 51% of people were under 18 (38% under 14)
- 👤 69% contacts were Face to face with 71% attendance rate
- 👤 731 people engaged in social prescribing (note SP post was 18hours per week)
- 👤 84% adults report improvements in their mental health and wellbeing (Outcome star5)

“I am extremely happy with the services that have been provided for myself and my grandson. Without this wee group I don't think I would be here. It has been like I am just coming out of a very long tunnel and am just starting to see the light. My mentor has been super important and constantly checks up on me to make sure that we are ok.”




People will benefit from less need to access crisis services through right time availability of support, improved capacity to self-manage and promotion of options to support recovery. Communities will benefit from this programme as they will have increased capacity to become more trauma informed and responsive.

- 🧑 96% people reporting feeling confident in managing their health and wellbeing.
- 🧑 95% people report that SEMM has met their needs.
- 🧑 95% people report being more aware of support available to them.
- 🧑 82% of adults noted improvements in their wellbeing from baseline using SWEMWBS4

“This is an invaluable service and has literally been life saving for myself and my daughter.”

“Working with the SEMM project has allowed us to provide support to clients at the time they need it, without lengthy waits. This has prevented them getting to crisis point and helped them grow in confidence and independence, to become more resilient and more involved in the local community.”

Practitioners and members of the community will feel they have the capacity, capability and be supported in their helping role.

-  314 people participated in capacity building programmes - PSNI, Councils, Trust, MDT, CAMHs, CVS, Youth providers
-  **93%** Practitioner and community members feel better supported in their helping role
-  **93%** of practitioners completing CRM training reported increased capacity among staff and communities to be trauma informed

“I have found the Community Resiliency Model Training to be beneficial in recognising the mental and physical signs of stress and trauma. I have a better understanding of how to remain in my resilience zone which in turn helps me to be able to make clear decisions. In Policing we encounter people with stress / trauma for a number of different reasons. In several incidents since receiving this training I have found that I have been able to notice in others the subtle gestures that they display so I can get an early indication of how they are feeling. I have found this has given me a great advantage to try and calm people and bring them back closer to their resilience zone. CRM has helped me to assist people feeling stress in my community.” Constable, PSNI

Reflections:

The pressures, demands and gaps in statutory service provision was reflected in the demand for our services especially for those under 14, those waiting for assessment ADHD/ASD and complexity of referrals. The integrated care provided through this project gave individual and families back the control and generated hope across all involved that things could get better.

Engaging with individuals in their communities, listening to their lived experiences, being flexible (person centred), taking account of family circumstances, working collaboratively across services and sectors to be more integrated and trauma informed makes connections, builds relationships and ultimately improves outcomes for individuals, services and communities

SEMM was highly valued by people, communities and services. This approach could be scaled up and replicated. The funding for this service has now ended.



PROGRAMME

(FOR AGES 10+)



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Thank you
for listening

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