



North West STP Connect 5 Train the Trainer programme
Leading mental health promotion from the NW

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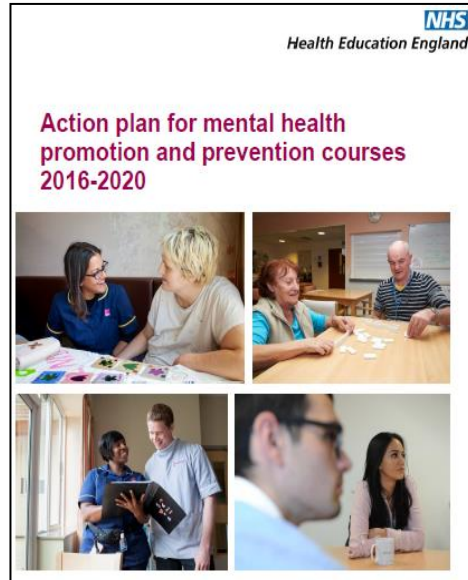
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Why do we need to focus on mental health?

- Rising rates of poor mental health – increasing demand & awareness
- Increasing focus on suicide prevention
- Parity of esteem – inequity between mental and physical health care
- Mental health is everyone's business - impacts on outcomes and effectiveness
- New models and prevention focus – building a whole system approach
- Making Every Contact Count (MECC) provides timely opportunity to fully embed mental health and wellbeing skills within the mainstream of front line workforce

Action Plan

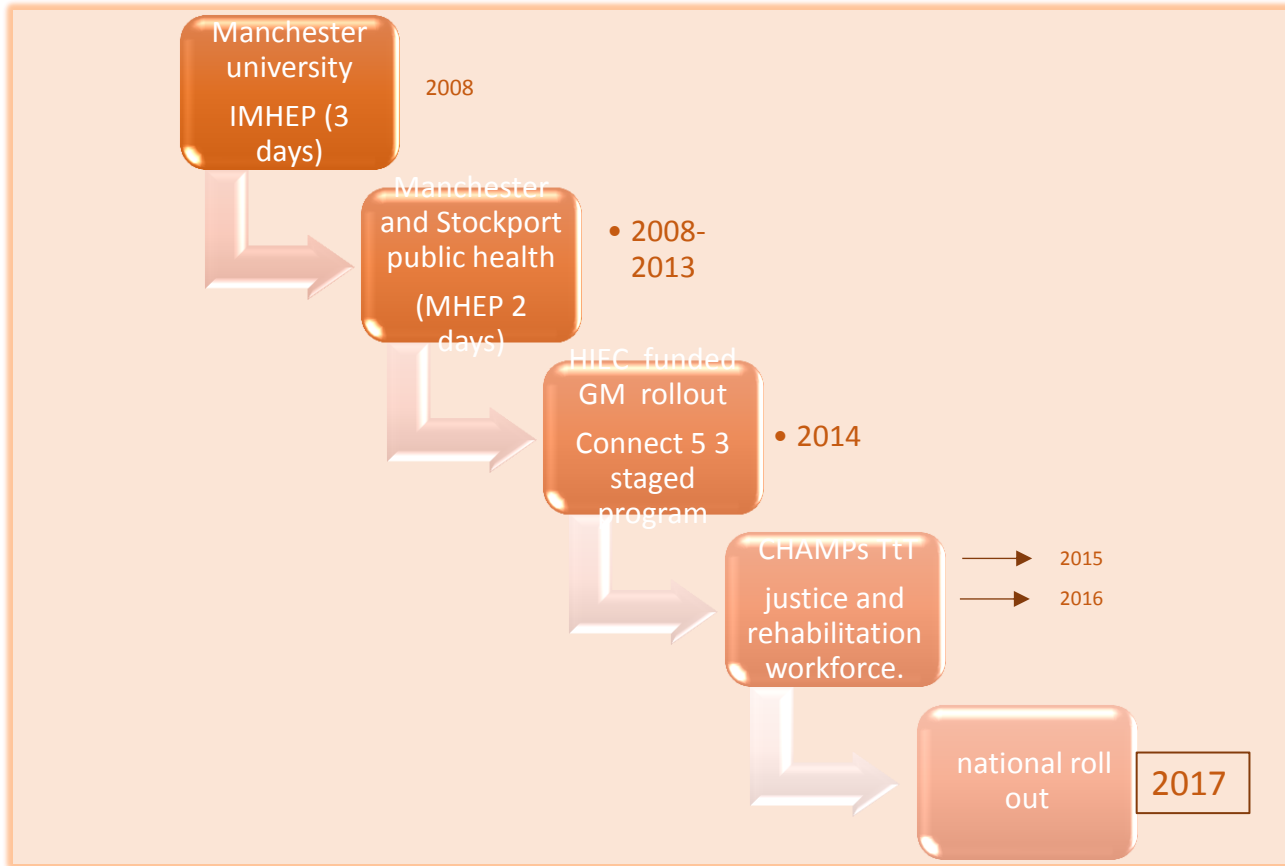
The Five Year Forward View recommendation is that we should develop an action plan so that **by 2020/21 validated courses are available in mental health promotion and prevention for the public health workforce** (including primary care).



Objectives:

1. To improve the course content of core public health and wider workforce professional training courses.
2. To increase the availability and uptake of accessible, quality continuing professional development.

Design and development of Connect 5 training programme



Connect 5 key objectives

- **To promote** an evidence based bio-psychosocial model of mental wellbeing that builds on and compliments mental health awareness campaigns; first aid methods and Making Every Contact Count (MECC)
- **To provide** an accessible, de-stigmatised common language and understanding with which to confidently discuss mental wellbeing and distress in day-to-day settings
- **To equip** the public facing workforce the confidence, skills & tools to integrate conversations about mental wellbeing in their everyday practice.
- **To impact** on the numbers of people transitioning from poor mental wellbeing into serious mental health problems and to support improved access for those in need of specialist help
- **To enable** evidence based tools for promoting mental health and wellbeing to be disseminated at scale and pace across public, clinical, community & occupational settings.



www.youtube.com/watch?v=yWPWmAHRtFE&feature=youtu.be



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THE PUBLIC'S HEALTH ACROSS THE LIFE COURSE

Connect 5: The Programme

- Three Modules
- Skills Escalator

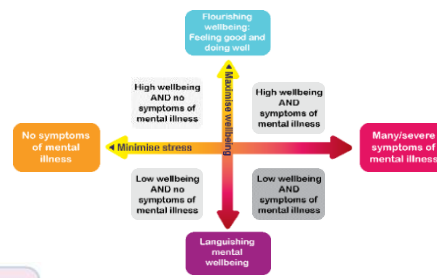
Day 1 (Half Day) – Brief Wellbeing Advice

Day 2 (Whole Day) – Brief Wellbeing Intervention

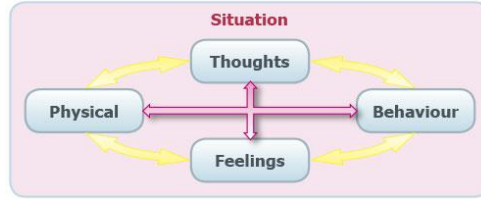
Day 3 (Whole Day) – Integrated Wellbeing Intervention



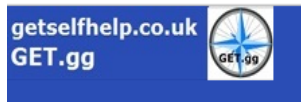
Wellbeing 2 dimensions of mental health thriving and surviving



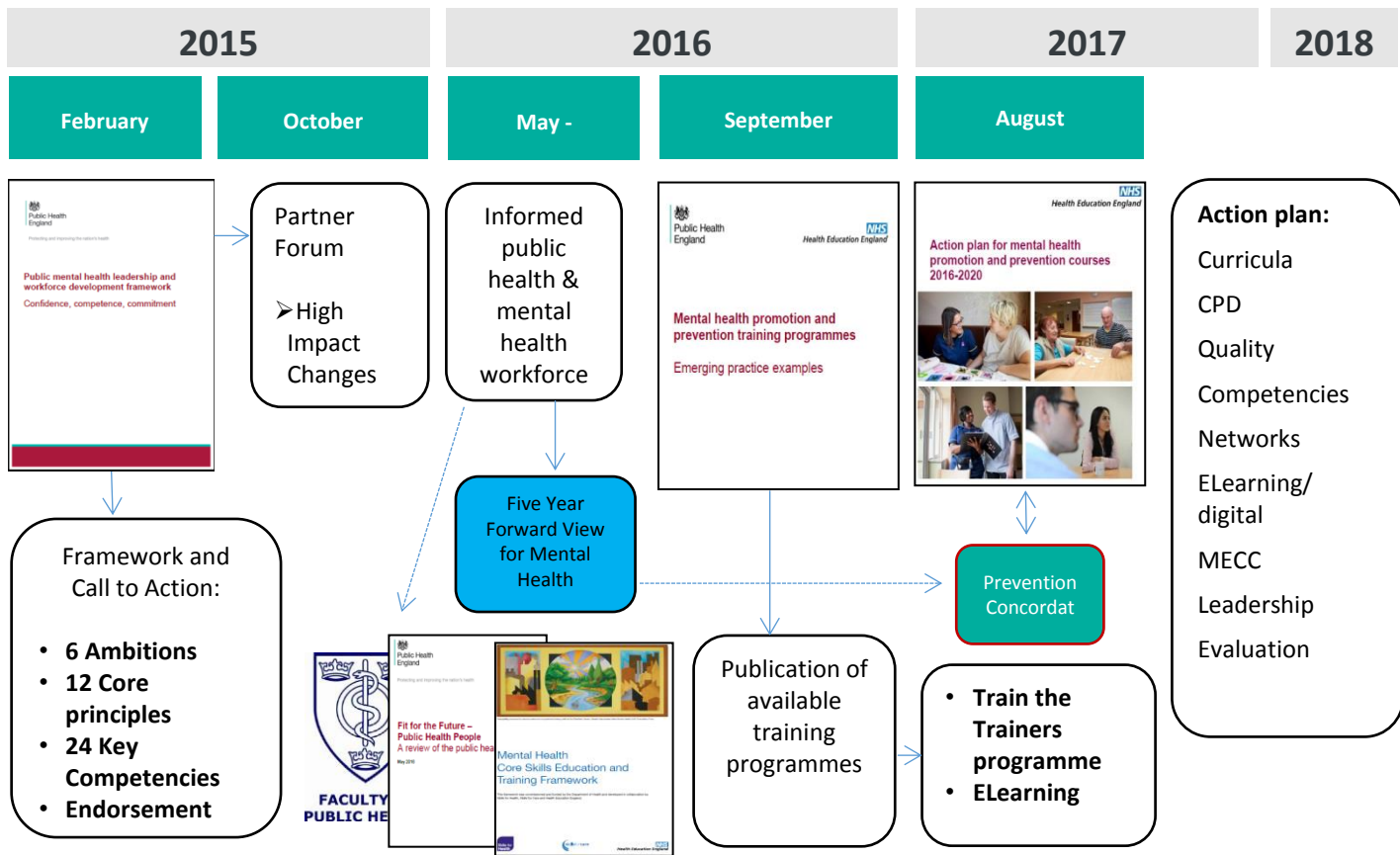
Evidence Based: Cognitive behavioural model : psychoeducational tool



READING WELL



Timeline of progress



Connect 5



- National roll out :

1. Accreditation of the Connect 5 3-level courses – highly participative, clear progression, needs of target learners, comprehensive tutor support package, clearly mapped to learning objectives;
2. Refinement/ improvement of Connect 5 training resources and the 2-day train the trainer element;
3. High engagement with PHE centre leads – great co-ordination and enthusiasm, alignment to regional and local priorities, use of additional local resources;
4. Delivery of 5-day Train the Trainer programme in all nine areas - high interest in many areas, some with waiting lists to attend the programme; Excellent feedback on delivery;
5. Training of 143 trainers. Very low drop-out (5). Good level of existing knowledge and commitment to brief intervention (which increased after the training). Suggests the right people attended?

Connect 5: The big picture

Whole System Change: The Prevention Concordat - By 2021 to have an accredited prevention model in place

Regional Transformation: Building local leadership; harnessing and organising local assets

Upskilling of the Public Facing Workforce : Equipped with tools and confidence to deliver large scale change at pace.

Quality Assured & Sustainable Delivery System: Accredited trainers and an accredited training programme supported by a National Hub

Accessible, Evidence Based Content & Responsive: Bringing together leading expertise in population health, bio-psycho-social approaches & evidence based interventions. Tailored to local systems and services.

Connect 5: North West Enhanced Offer

- 20 TtT 4 North West STP
 - 2.5 days direct delivery
 - 2 days TtT module
 - Provide all resources to deliver the programme
 - Co-deliver TWO connect 5 training programs (of session 1, 2 and 3) in their locality or to their workforce by November 2018
 - Contribute to national data
- Proposal for Connect 5 national accreditation & training hub
 - Providing co-ordinated support locally
 - National accredited and quality assurance process for TtT network
 - Resources and ongoing learning