



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

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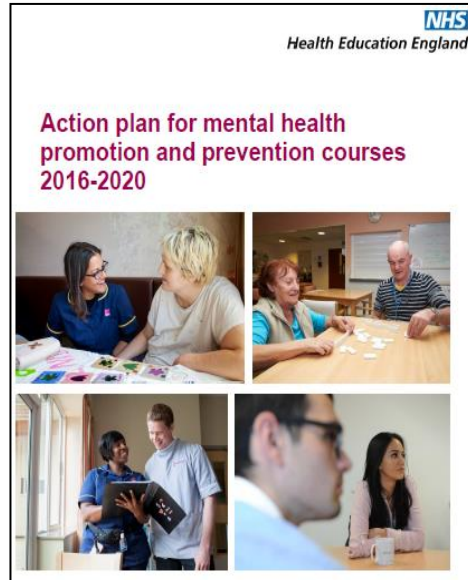
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# Why do we need to focus on mental health?

- 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

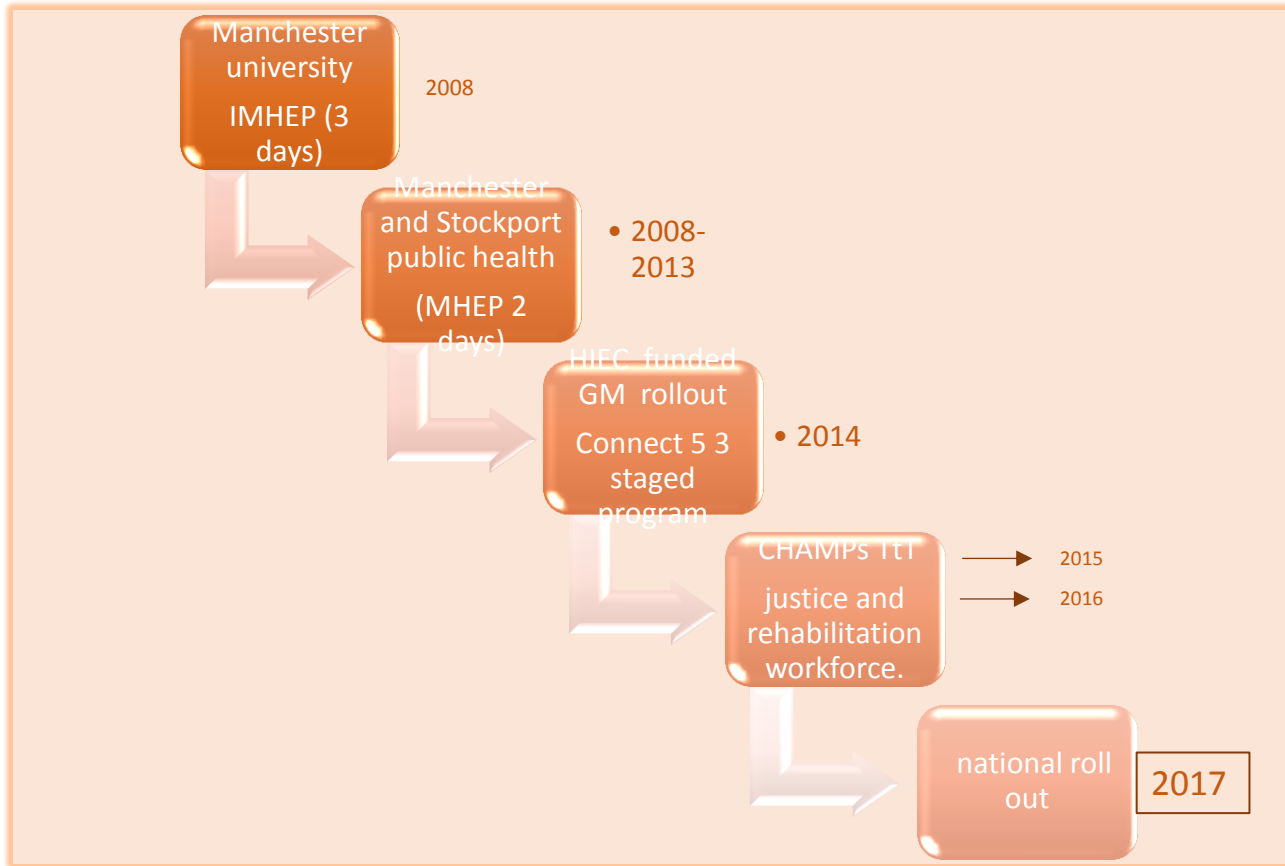
The Five Year Forward View recommendation is that we should develop an action plan so that **by 2020/21 validated courses are available in mental health promotion and prevention for the public health workforce** (including primary care).

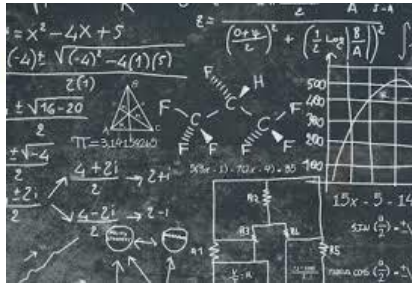


Objectives:

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](https://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

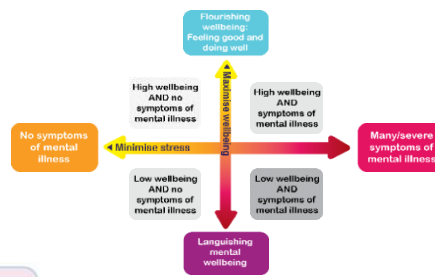
Day 1 (Half Day) – Brief Wellbeing Advice

Day 2 (Whole Day) – Brief Wellbeing Intervention

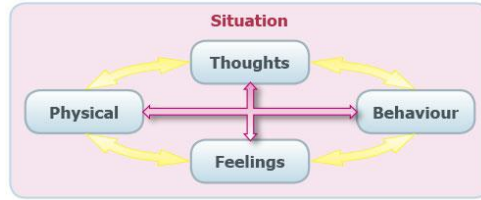
Day 3 (Whole Day) – Integrated Wellbeing Intervention



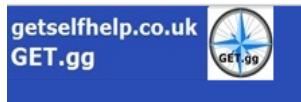
## Wellbeing 2 dimensions of mental health thriving and surviving



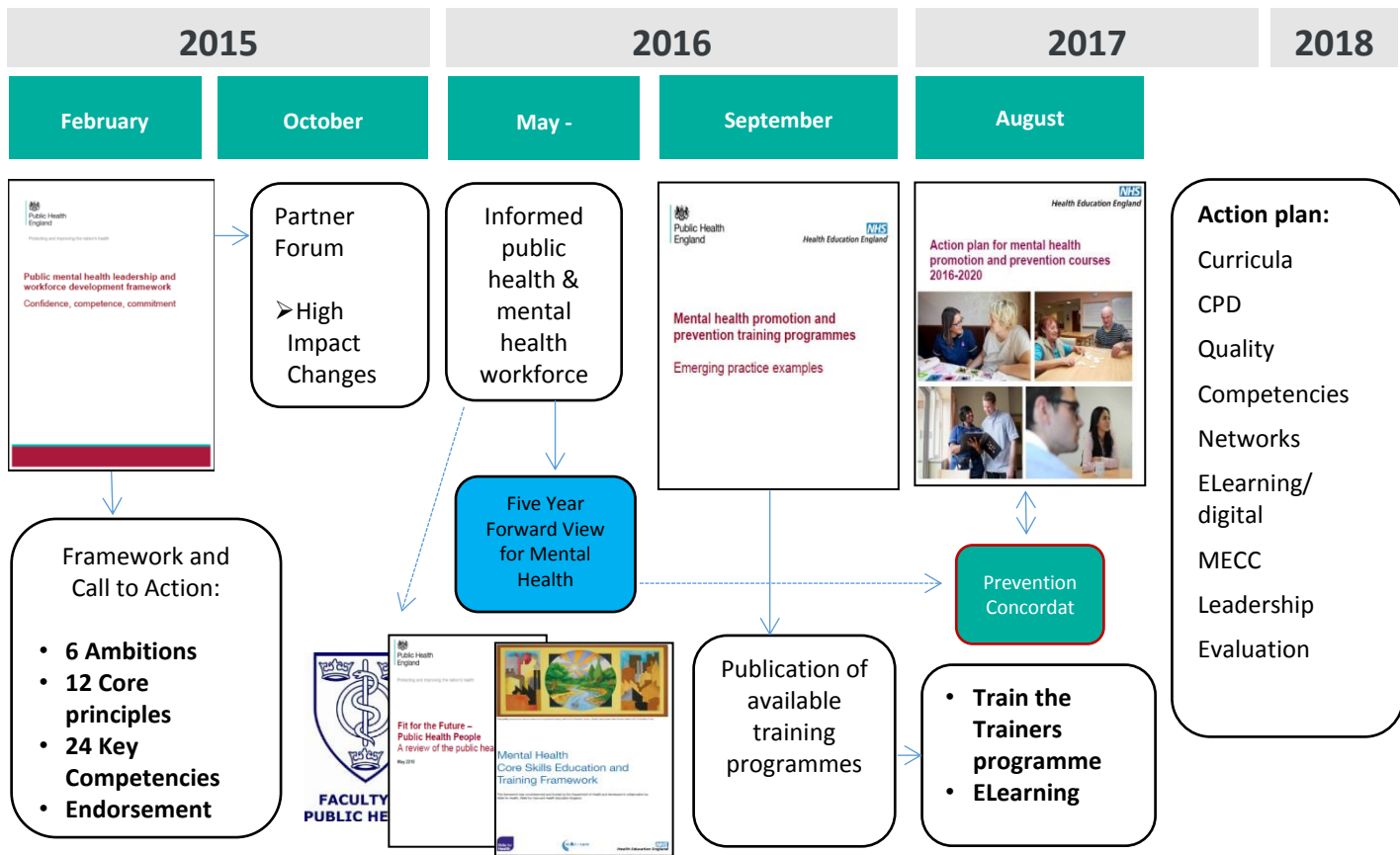
**Evidence Based:** Cognitive behavioural model : psychoeducational tool



**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-psychosocial 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