

Interventions for Mental Health in Everyday Practice

IMHEP

**A training programme to develop
the skills of frontline staff**

2011 - 2012

IMHEP is a two day training course to develop 'psychological awareness' for those working with vulnerable individuals. The course develops practical skills in identifying and responding to distress effectively, using a structured interview and model of support.

- Does your organisation engage with people who experience poor mental health?
- Could your staff have more success in their role through learning how best to help their clients manage their mental health?

If so, consider IMHEP training for your staff.

Please turn the page to find out more information

The courses are free of charge to participating organisations.

Who is the Programme for?

It is estimated that at any one time one sixth of the population will be experiencing a mental health problem. Greater Manchester has much higher levels of poor mental health, some areas having twice the prevalence. Feelings of depression, anxiety and other emotional difficulties are very common and can lead to unemployment, isolation, family problems, poor health and difficulties coping. The majority of people with such problems may not want or need access to specialist mental health services, or may not meet criteria for access to them. Consider Sarah and Carl for example,

Sarah Bates, is 20 years of age, she has received notice from her landlord as he plans to sell the property she is living in. She has telephoned her local 'Housing Department' on two occasions and has arranged to go down to speak to a Housing Officer, but has missed both appointments with the reason that she 'can't get out of the house'. It transpires that Sarah has been feeling increasingly anxious for the last 2 years and spends much of her time at home where she lives with her 4 year old daughter. She hasn't worked since leaving school and is struggling to cope with day to day responsibilities such as organising her money, paying bills and sorting out a growing debt. She is fearful she will soon become 'homeless'.



Carl Michaels is 40 years of age and has recently been referred to an 'exercise on prescription' project by his GP because he has a chronic health condition which led to him losing his job 2 years ago. He has joined a walking group led by a Community Health Trainer, he often appears moody and short tempered in the group and complains that he is sick of being passed from 'pillar to post' by organisations that are meant to help him with his son who has behavioural problems. He tells the Health Trainer that he is frequently 'flying off the handle' and isn't sleeping well, he wakes in the night and then can't get back to sleep again. He has been feeling low and agitated for the past 2 years. He has lost weight and is avoiding family and friends.

Many local organisations have staff who are engaged with vulnerable people such as Sarah and Carl on a day to day basis as part of their work. The IMHEP Programme is designed to enable them to help their clients to help themselves towards better mental health, building on existing skills and their engagement with the client.

The training will be most suitable for those organisations able to put forward a number of staff for training together in order to develop a team approach based on a shared model. Organisations may also seek training for individuals or smaller numbers of staff through advertised open courses.

Learning Outcomes.

Course participants will;

- Have an increased awareness about mental health and mental health problems
- Feel more confident in their judgements about how best to support people with mental health problems/emotional distress
- Be able to deliver their organisation's services more effectively for people with mental health problems/emotional distress
- Be able to use a brief, flexible structured interview to gather key information relevant to a client's mental health problems/emotional distress
- Have an enhanced appreciation of risks for their clients and increased confidence in responding to difficult situations
- Be better able to help clients in becoming clearer about their problems and strengths, decide on their next steps and have an increased awareness of local resources to support them
- Have considered their own and their organisation's further development needs with a view to improved responses to poor mental health

The programme combines taught elements with practical skill development. Participants will practise their skills using 'tailored' case scenarios with time given to discuss the application of these skills within their individual organisation.

About The Course

The course was originally developed by EDTA, a mental health training agency within the University of Manchester, School of Nursing, Midwifery and Social Work, based on the 'SCAN'© (Screening, Care, Advice, Next steps) model for training developed by leading national experts in Primary Care. It has been adapted in the light of evaluation and feedback from participants. The trainers have all been through a 'training the trainers' programme. The course is managed by public mental health specialists, and is part of a range of measures by the local NHS and its partners to prevent the high incidence of mental ill health in the population and to ameliorate its social effects.

What is Asked of Participants and Participating Organisations?

- Participants are required to attend the full two day's training and take part in all activities. They may also be asked to attend a brief follow up meeting after 3-6 months to discuss their use of their learning in their professional practice.
- Participating organisations will be expected to support the participants fully in attendance at training and in implementing learning.
- Participants and participating organisations will be asked to provide structured feedback on the suitability and usefulness of the programme.

How to Get Places on the Course

Individual applicants can come to an 'Open' course, with participants from a range of organisations. Or we can arrange courses specifically for organisations where staff are routinely encountering vulnerable people experiencing emotional distress. We can then adjust some aspects of the content of the course to meet the organisation's requirements. Dates for courses open to individual applicants will be advertised on www.mphds.org/mphds/mental-health/mental-health.html.

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