

Implementing the Mental Health Pilot Collaboration Project

Allison Anderson

Training & Development
Officer

Positive about mental health

Sussex Partnership



NHS Trust

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Workshop objectives



To hear about and discuss:

- An overview of our experience in West Sussex
- How we have organised our project
- The essential components
- Various hurdles

Some background details

- We applied for and were accepted as part of this pilot before we merged with the rest of Sussex
- In West Sussex there has been good interest in working with survivors of abuse since the mid 1990s
- Local research amongst the clinical population of the Worthing area revealed high % of abuse survivors on clinicians' caseloads: 40% - 85% (Jordan, Jordan and Morrison 1996)

What's in it for us? (1)

- Given that we had already some training in place we wondered if we'd be accepted as part of this pilot
- We wanted to be accepted as it meant the Trust signed up to agreeing that it would become a mandatory course so we could then reach the staff that never attended this type of training
- It meant the Trust acknowledged the impact of abuse on people's mental health and recognised the fundamental need to address it

What's in it for us? (2)

- It builds on our existing women's strategy by acknowledging the impact of violence and abuse (not forgetting some men experience this too)
- We will be able to offer a better service, more staff with better understanding of survivor issues
- It enables us to broaden (through training) the staff group prepared to address these issues

The essential 'team'



- A director at board level
- A service manager
- 2 core trainers, 1 additional trainer
- A service user/survivor
- A clinical psychologist

Time commitment

- We have all invested and devoted considerable time to this project which would not have been as successful without this commitment
- My co-facilitator is a full time CPN and has been seconded for a day a week to the pilot – this is not without it's drawbacks however
- As I was new into post at the conception of the pilot I have been able to develop and deliver this training as part of my role
- With the Sussex merger I lost most of my admin support and this increased the time I've had to give

What's made it a successful venture (1)

- Time commitment
- Enthusiasm and believing it's the right thing to do
- Being part of a bigger picture and being 'trailblazers'
- The status of being in a national pilot
- Presenting the project at board level, manager level, and at team level
- Informing people through the Trust magazine
- Staff attendance at the workshops
- The delivery of the workshops!

What's made it a successful venture (2)

- The venues we use
- Lunch!
- Handouts
- Articles emailed out on request
- Flyers to advertise dates and venues
- Making it as easy as possible for staff to book onto workshops
- Listening to feedback and making appropriate changes to the presentation/workshop
- Really valuing the experience in the room

Additional resources?

- No additional resources were on offer
- Mel's back fill was funded out of our service manager's budget
- All materials (handouts/photocopying) have been funded out of my training budget
- Most of the venues and lunches have also come out of my budget – up to now
- Latterly I have enlisted the support of a drug company (Wyeth) who have given us an educational grant to pay for venues, refreshments and lunches

Workshop materials

- The same training, more or less, has been delivered in each of the pilot sites
- We modified our presentation and delivery to fit in with our style and used our own case examples
- We offered handouts and emailed articles, some had been sent to us by the national team
- We used a national evaluation form

Some problems and solutions



- The monthly abuse forum
- Staff reluctance to book on to workshops
- Participation, feedback and criticism
- Following up, has the training made much difference
- Embedding 'the question' into practice

Small Group Discussion

- In small groups:
 - Discuss what hurdles you would need to get over to implement a similar project in your area?
- Feedback a couple of points each group

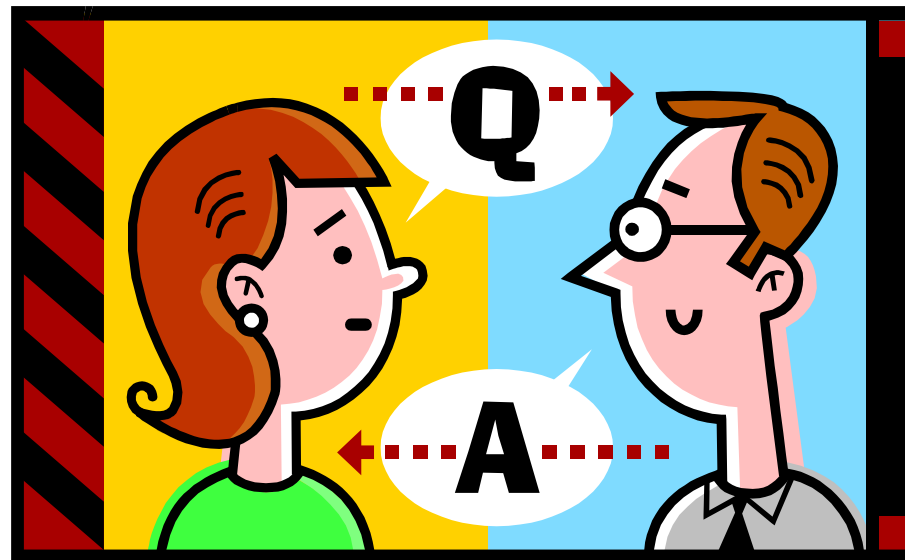


Essential components

- The backing from on high
- The dedication of the team members
- Good trainers/style/material
- Good venues/refreshments
- Champions
- Good communication

Questions?

- Any questions or comments?



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