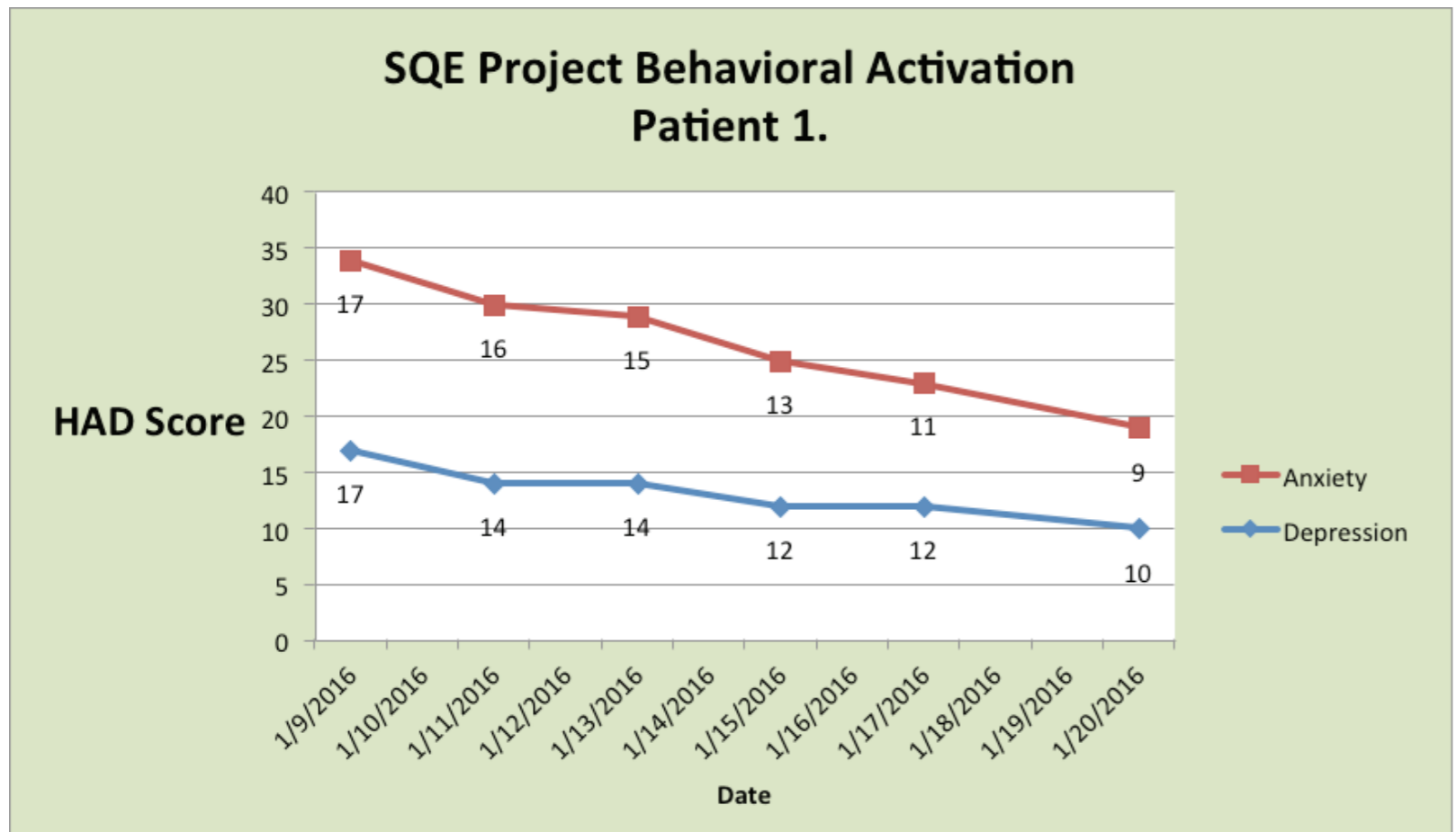
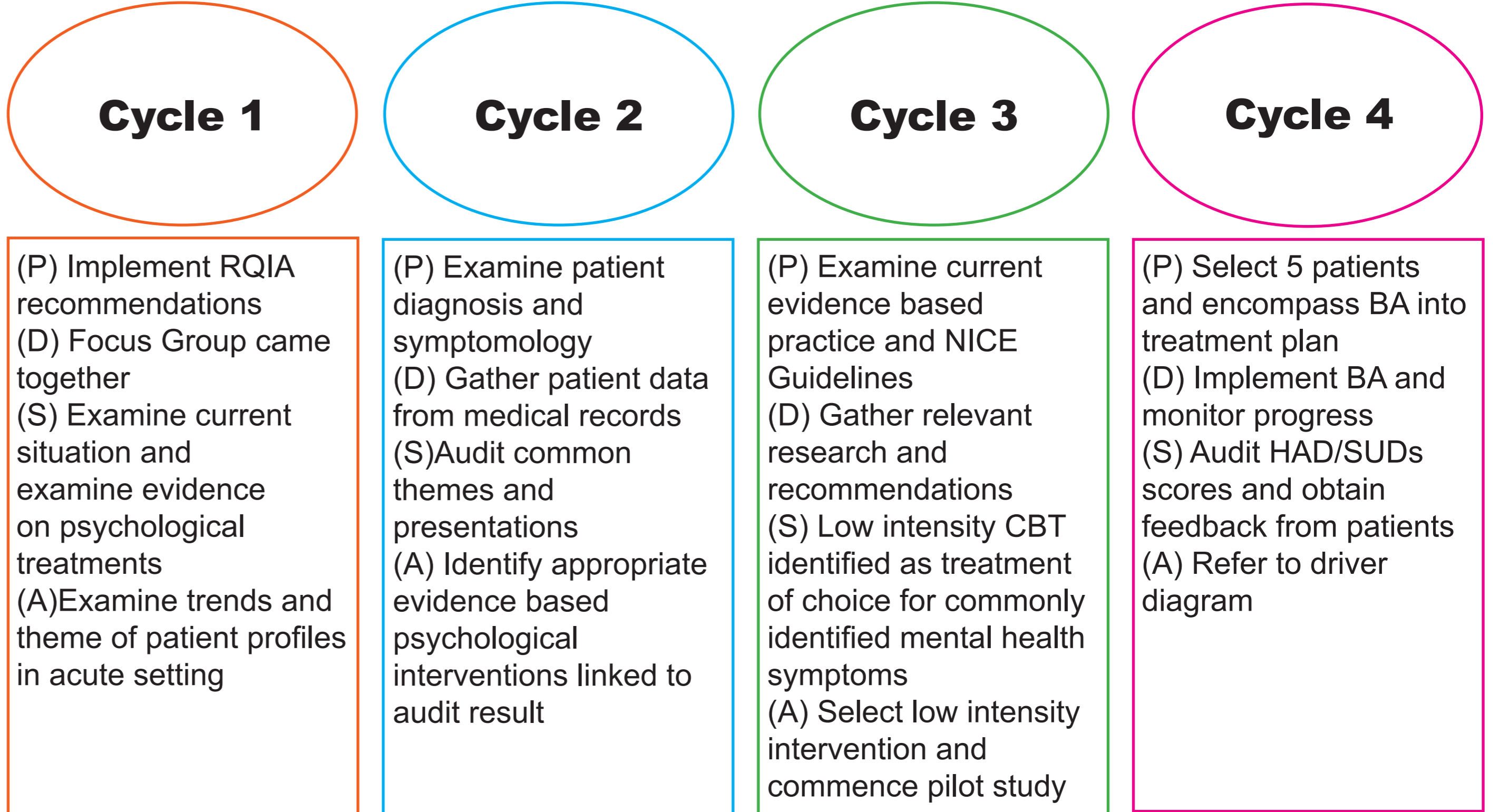
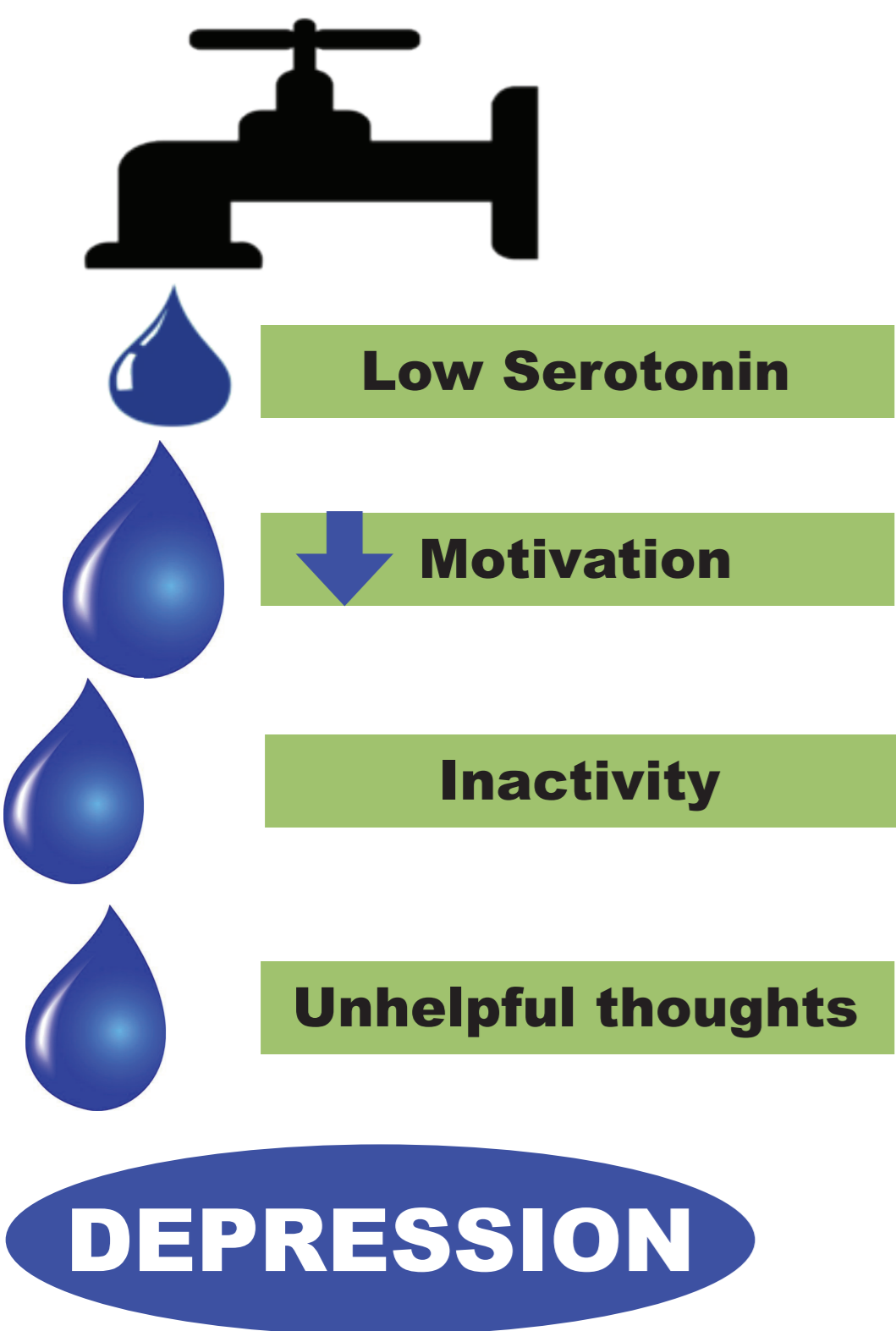
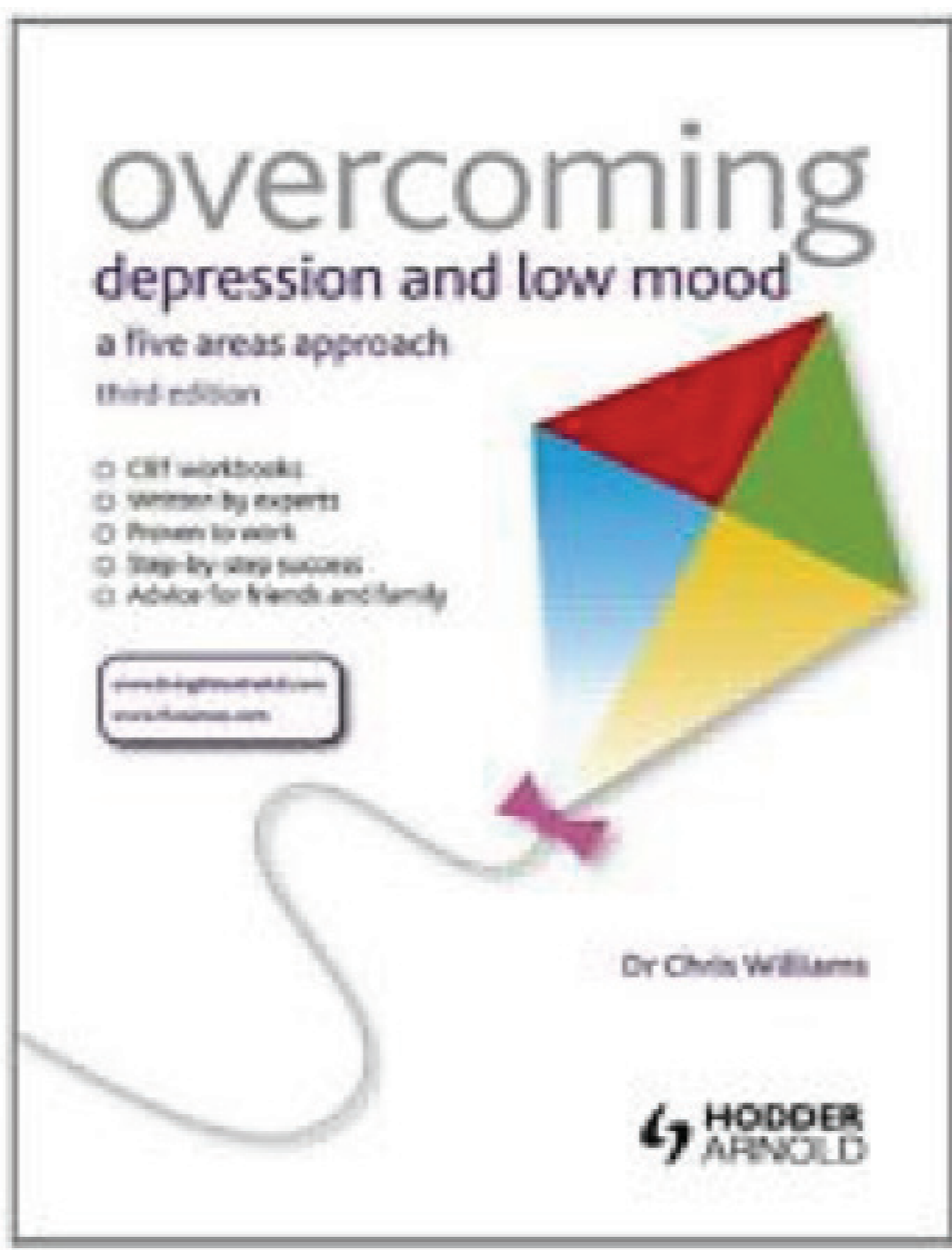


Improved Access to Psychological Therapies in the Acute Mental Health Wards in Northern Ireland

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Working together to support your recovery			
	Morning Time / AM	Afternoon Time / PM	Evening Time / PM
Body Care • Personal Care • Sleep/Nutrition • Exercise/activity.			
Achievement • Problem solving • Reaching goals • Understanding illness and role of medication.			
Connect with others • Maintain relationship with family/carers • OT/1:1/Group work • Spirituality • Peer support.			
Enjoyment • Hobbies • Music • Gardening • Socialising/Pass off the ward			



SPIRIT Training

Staff training in Low Intensity Psychological Interventions commenced September 2016

“Since undertaking training in key CBT skills, I actually feel now I am treating patients and I’m more confident in supporting them in maintaining and developing relationships with their family.”
Mental Health Staff Nurse

“Co-producing has acknowledged my skills, enhanced my awareness, self-confidence and sense of purpose”.
Amanda
Service User 2016



“I have enjoyed working with others and it gave me a sense of purpose”
“I was feeling suicidal this morning and reluctant to attend but after the gardening group my mood improved”.
(Service Users)

“Behavioural Activation (BA) can be delivered by junior mental health workers with no lesser effect than Cognitive Behavioural Therapy (CBT). Effective psychological therapy for depression can be delivered without the need for costly and highly trained professionals” (COBRA, 2016).