

Connect 5 Modules

Module 1 - Brief mental health and wellbeing advice

Aims to raise awareness of how you can support mental health and wellbeing within your everyday practice. The intended outcome of module 1 is to change the way we have mental wellbeing conversations so that we are confident and skilled to have brief conversations in which we help a person think about ways they can take action to improve their mental wellbeing.

The purpose of this session is to:

- Extend participants skills and confidence to have mental wellbeing conversations within everyday practice
- Explain two public mental health models so that they can be used to frame mental wellbeing conversations
- Describe the 3 Cs of connected conversations
- Locate mental wellbeing services and resources in your area

This session focusses on conversations in which you suggest ways a person can take action to improve mental wellbeing. These conversations can include brief wellbeing advice such as “have you thought of looking at any self-help materials?” This behaviour assumes that you might not have opportunity in terms of your role or time to go a step further and, together with the person, develop a shared understanding of their mental health and wellbeing needs.

This 3-hour session is practical and interactive, involving a PowerPoint presentation, large group discussion, small group work and exercises in pairs.

Module 2 - Brief mental health and wellbeing intervention

Aims to develop your skills and confidence to recognise mental health and wellbeing needs and to make effective interventions to improve mental health and wellbeing.

This session module provides opportunities to gain greater insight into experiences of stress and distress and explores how to help people take their first steps to feeling better. Participants will gain confidence and skills needed to help others improve their mental health and wellbeing.

Module 2 seeks to change the way we have mental wellbeing conversations so that we can have conversations and support development of a shared understanding of individuals' mental wellbeing needs.

The purpose of this module is to:

- Apply the Five Areas model to wellbeing conversations
- Practice the 3Cs of connected conversation
- Assess the nature and extent of the mental wellbeing issue being presented to ensure people get the right help at the right time
- Identify steps that can be taken to improve mental wellbeing
- Locate services and resources that support people to improve mental wellbeing

This session focuses on conversations in which you and the person you are talking to develop a shared understanding of that person's wellbeing needs. These conversations include brief mental wellbeing interventions. This goes beyond the brief wellbeing advice covered in session 1. These conversations provide a framework for a person to understand why they feel like they do and what action they can take for themselves to feel better.

This 3-hour session is practical and interactive, involving a PowerPoint presentation, large group discussion, small group work and exercises in pairs.

Module 3 - Extended mental health and wellbeing intervention

Aims to develop your knowledge, skills and confidence to use a range of strategies and interventions, which effectively support people to take positive steps to improve their mental health and wellbeing.

This session will advance your skills to work collaboratively with clients to create an action plan and integrate brief interventions to motivate and support people to make changes that last. The intended outcome of Module 3 is to change the way we have mental wellbeing conversations so that we have conversations that empower a person to make changes that address their mental wellbeing needs.

The purpose of this module is to:

- Explain a number of strategies and techniques that break the vicious cycle at each of the five areas
- Apply strategies and techniques relating to each of the five areas
- Practice implementing self-management strategies to support successful change processes
- Practice working collaboratively to set goals
- Incorporate self-management strategies and resources into everyday practice.

This session focuses on conversations in which you use appropriate methods to empower a person to make changes that address their mental wellbeing.

These conversations work with someone to help them gain insight into actions that might help them to address their mental wellbeing.

This session is practical and interactive, involving a PowerPoint presentation, large group discussion, small group work and exercises in pairs

Register here: <https://www.eventbrite.com/cc/connect-5-mental-health-wellbeing-training-1059019>