

2012 WaMH in PC Bursary

Application Form for 2012 WaMH in PC Bursary

Please fully complete all sections. We are unable to process your application if details are missing.

Application Categories

Please tick the appropriate boxes to indicate which category/categories you are applying under.

Note: If you are applying for more than one category please tick the relevant boxes

Category 1 – To improve the experience of patients, carers and or staff working in the NHS <i>To apply for a category 1 bursary, individuals and/or organisations must:</i> <input type="checkbox"/> <ul style="list-style-type: none"><input type="radio"/> Work within, or be associated with, the provision of primary care mental health services in Wales	<input type="checkbox"/>
Category 2 – to support the local delivery of Part 1 of the Mental Health (Wales) Measure 2010 <i>To apply for a category 2 bursary, individuals and/or organisations must:</i> <input type="checkbox"/> <ul style="list-style-type: none"><input type="radio"/> Work within, or be associated with, the provision of primary care mental health services in Wales	<input type="checkbox"/>
Category 3 – to raise awareness about mental health <i>To apply for a category 3 bursary, applicant(s) are invited from services and organisations from both within and outside the NHS and must:</i> <input checked="" type="checkbox"/> <ul style="list-style-type: none"><input type="radio"/> Evidence a demonstrable link and benefit to primary care mental health in Wales	<input checked="" type="checkbox"/>

Details of Project

1. Title of proposed project for which you are seeking funding: INFORM!
2. Summary of Project <i>In this section 'Summary of Project' we are asking for an overview only of your project. This information should be clear and concise and contained within one side of A4.</i> <i>The overview should include</i> <ul style="list-style-type: none">• <i>The aim of your project i.e. what you are trying to achieve</i>• <i>The outcomes of your project</i>• <i>The total cost of your project</i>

- *The application category/categories relevant to your project*
- *Evidence of the three hallmarks of positive relationships*

INFORM is a project that will develop an awareness raising digital resource package. The package will consist of a dvd containing 7 digital stories developed by mental health service users and carers about their personal stories relating to primary care. The dvd will be accompanied by a resource pack that details the content of the dvd, together with ideas and strategies for how the dvd can be embedded into the training of professionals working in the field of primary care.

The aim of the package is to raise the awareness of professionals working in the field of primary care about what it feels like to walk in the shoes of a service user or carer and to encourage workers to see primary care services from a service users' or carers' point of view.

The outcomes of the project will be;

1. Workers in primary care will develop an increased awareness of the needs of mental health service users/carers accessing primary care services.
2. Workers in primary care will develop a fresh perspective on mental ill health, individual coping strategies and explore the recovery model from a service user/carer point of view
3. Future service delivery in primary care will respond more effectively to the needs of mental health service users.
4. To increase the confidence and isolation of mental health service users and carers through their involvement in the awareness-raising project
5. To help raise skills and expertise of mental health service users and carers through their involvement in the awareness-raising project including; digital story telling, marketing and IT.

The total cost of the project will be £3500, £1000 of which will be funded by other sources.

The project fits into category 3 - to raise awareness about mental health.

Evidence of the three hallmarks of positive relationships - Person -centredness - Digital storytelling is a person centred approach that gives people an unique opportunity to communicate their story about primary care in their own words. Both trust and good communication are demonstrated as the trainers will, right from the start of the project, develop a trusting relationship with participants so that they feel comfortable to communicate their story openly in a safe and supportive environment. An ethical protocol will be developed to cover the core principles of informed consent, confidentiality, the right to withdraw and protection of participants. This will again help to develop trust and open communication between the participants & the trainer.

3. Background to the proposed project:

Applicants are required to detail, in this section:

Why there is a need for your project?

What evidence/research do you have which supports the need for this project to be implemented?

What existing services / strategies have informed the development of your project?

How will your project link into and support/enhance new/existing services/strategies?

What benefits will be achieved through the implementation of this project?

The need for mental health training in primary care has been identified in The Welsh audit report 2011, which reported that "Many GPs and practise staff have not yet received mental health training within the last three years, and limited progress has been made in increasing the number of GPs with specialist skills in mental health."

A new primary care support service is currently being developed by Cwm Taf Local Health

Board to comply with the requirements of the Mental Health Measure 2010. Each GP surgery will have a dedicated worker who will be responsible for carrying out assessments of people accessing the surgery for a mental health condition and signposting the patient on to support available locally e.g groups, bibliotherapy, courses etc. As primary care receives a specific focus in the mental health measure, it is vital that staff working in primary care are able to access training in mental health awareness and this digital resource will serve as a useful training tool in meeting this need.

The Stronger In Partnership 2 document (WAG 2008) recommends that service users and carers should be involved in the design, delivery, monitoring and evaluation of adult mental health services. This project would ensure that the service user or carer perspective can be used as a starting point for staff development/training sessions or in the induction of new staff in primary care.

The local "Stronger In Partnership" group for Rhondda Cynon Taf and Merthyr Tydfil held a participation workshop in March 2011 to discuss the Stronger In Partnership WAG 2008 document – Involving Service Users & Carers in the design, planning, delivery and evaluation of mental health services. This workshop was attended by 28 service users, carers, health workers & providers from the voluntary and statutory sector across Rhondda Cynon Taf and Merthyr Tydfil. A clear theme emerging from this workshop was that there was a specific need for a fresh approach to staff development that could take the form of a service user / carer awareness raising package to help inform the training of health professionals working in mental health.

Following this workshop, a meeting with Cwm Taf local health board again confirmed that a service user / carer awareness raising package would be extremely useful to compliment the training that was already provided to health professionals working in the field of primary care. A supporting letter from Cwm Taf local Health board can be obtained in support of this application if required.

This project will therefore, be informed by the recommendations of Stronger In Partnership 1 & 2 regarding the involvement of service users in adult mental health services. Clearly, primary care is the starting point for many if not all mental health service users /carers and it is essential that the primary care workforce have the necessary empathy and understanding to give a supportive initial appointment and to signpost patients to the right services and support that is available locally. The INFORM package will help to remind existing staff & make an impression on new staff about the personal experience of primary care services from a service users / carers point of view.

The health statistics for the Cwm Taf area are a cause for concern. The Health Needs analysis that has recently informed both RCT & Merthyr Tydfil 2011-14 Health, Social Care and Well being Strategies states that;

"In the Cwm Taf area, 13% of the adult population reported being treated for a mental illness. This is the highest in Wales and compares to an average for Wales of 10%".

This DVD resource package will help to address this worrying statistic as it will provide public health professionals with a fresh perspective on mental ill health, individual coping strategies and explore the recovery model from a service user / carer point of view. By raising the awareness of both new and existing employees from a service user perspective, the package will enable health professionals to be responsive to the needs of mental health service users / carers and be better able to assist their recovery.

There will also be positive outcomes for the service users /carers involved in the project as the process of making a digital story can help participants to reframe experiences and have a subsequent positive impact on their lives in general, (Patient Voices 2010). The project also

recognises the importance of having a supportive context during the storytelling process and a worker with considerable experience of supporting service users to retell their experiences will facilitate the preparation sessions & be available to support individual service users on a one-to-one basis during the IT sessions as required.

Finally, the project addresses digital inclusion and provides service users with digital storytelling experience over a period of several weeks that will equip them with the skills to produce further digital stories in the future if they so wished.

4. Purpose of the proposed project:

Applicants are required to detail, in this section:

The methods you would use to develop their project

Evidence of the three hallmarks of positive relationships:

- *Trust – demonstration of honesty, competence and openness*
- *Good Communication – a meaningful interaction between living beings.*
- *Person Centredness – seeing the client/ practitioner as a person, sharing power and responsibility*

An awareness-raising DVD and accompanying resource pack will be compiled that gives primary care workers an insight into people's real-life experiences of accessing mental health services, coping strategies and recovery. The DVD will be accompanied by a resource pack which details the content of the DVD, together with ideas and strategies for how the DVD can be embedded into the training of professionals working in the field of primary care.

Particular consideration will be given to ethical requirements throughout the project to ensure that trust and open communication are embedded throughout the development of the resource package. Participants will be fully briefed and debriefed at the end of the project, given time to reflect on their stories before the DVD is finalised, fully informed of the purpose of the project, their right to withdraw at any time and how the DVD will be used. Their consent will need to be gained for their stories to be used on the DVD for the purpose of staff development.

Phase 1

Service users meet with a facilitator, either in a small group (6 maximum) and/or on an individual basis to plan their digital stories (2 sessions). The facilitator will encourage the participants to tell their story in their own words to ensure a fully person-centred approach.

Small groups of service users then receive 3 digital story telling sessions with a digital story telling trainer with additional support available to edit & produce their own digital story. Again, participants will have control over the choice of images, use their own voiceover and carry out their own production and editing, thereby ensuring a person-centred approach throughout the development of their digital story

An evaluation questionnaire will be designed for the digital resource package by service users / carers as a separate group which will be facilitated by the project coordinator.

Phase 2

The participants are contacted a month later to ensure they are still happy for their story to be used on the dvd. The digital stories will then be collated into an awareness-raising DVD aimed at primary care workers.

Phase 3

The resource pack is developed by the project coordinator & service users /carers involved in

the project if they wish to be involved at this stage & publicity literature is designed.

The resource pack and evaluation questionnaire are piloted on a group of workers from a local GP practise..

The completed product is available on request for a minimum fee that covers production, postage and packaging.

5. Planned Outcomes for dissemination, sustainability and evaluation

How will you evaluate the success of the project?

What are the main outcomes and successes?

How have you actively raised awareness of your project?

The package will be marketed at training days for GPs across RCT & Merthyr Tydfil with the support of Cwm taf local health board, on the internet at www.mentalhealthsupport.co.uk & Interlink & Voluntary Action Merthyr Tydfil (VAMT's) website, at joint working groups with the voluntary & statutory sector throughout RCT and Merthyr Tydfil (Joint Planning Group , Stronger In Partership group.

Two outcomes will be measured in order to evaluate the success of the project.

1. The wellbeing of participants who produce a digital story for the DVD will be measured using the Warwick-Edinburgh Mental Well-being scale (WEMWBS). A baseline measurement will be taken at the initial session & on the final session to measure participant's well-being over the course of the digital story making process.

2. Trainers and public health professionals will be asked to complete an evaluation questionnaire of the DVD to assess how they feel it has informed their practice in the field of mental health.

Case studies of participants in the project will also be compiled to gather qualitative data on people's experience of taking part in the project and evaluate the success of the project. This will also be used to inform the development of the accompanying resource package.

6. Supporting Evidence / References

Stronger In Partnership 2 (WAG 2008)
Welsh Audit report (Wales Audit Office 2011)

Referee

James McMahon, Implementation Lead, Part 1, Mental Helath (Wales) Measure 2010, Cwm Taf Local Health Board
Ann Philpott, Operations Manager, Interlink

7. Commencement Date:

April 2012

8. Completion Date:

October 2012