

MENTAL HEALTH PROMOTION



A Database of Initiatives in Northern Ireland

Contents

	page
Foreword	3
Introduction	4
What is mental health?	5
Objectives	7
Methodology	7
Presentation of responses	8
Category 1: General mental health promotion which has been universally applied to everybody within or across particular developmental stages (eg children, young people, adults, older people) or within a particular setting (eg workplace, school, primary care) or related generally to issues (eg stress, bullying, self-esteem).	9
Category 2: Programmes related to infants and pre-school children within high-risk groups (eg parenting projects, home start, support, play groups).	64
Category 3: Programmes related to school aged children or young people within high-risk groups (e.g. young carers, counselling, support, special needs).	70
Category 4: Programmes related to adults or older people within high-risk groups (eg post-natal, social support, helplines, centres)..	90
Category 5: Programmes related to individuals or groups with an early or less disabling mental health or behaviour problem, or their carers (eg occupational health, employment initiatives, self help).	114
Category 6: Programmes related to individuals or groups with an identified severe mental health or behavioural problem or a diagnosed mental illness, or their carers.	127
Summary	135
Appendix 1: Summary of effective interventions.	137
Acknowledgments	142

Foreword

This document provides an initial database of a range of projects underway in Northern Ireland which aim to promote mental health.

In October 1998 the Department of Health and Social Services commissioned the Health Promotion Agency for Northern Ireland to develop a strategy and action plan for mental health promotion, and a Task Force was formed.

The scope of the work given to the Task Force on Mental Health Promotion is outlined as the following:

“The strategy and action plan should address the issues which affect mental health. It should have a mental health rather than a mental illness focus and should aim to cover the needs of individuals and communities, not just those with existing mental health problems. It should also aim to increase understanding about mental health, develop education programmes, and plan a media strategy to support the framework.

“The strategy and action plan should focus on the differing needs of children, young people, adults and the elderly, and identify groups within each of these age ranges which might benefit from specific interventions to promote good mental health and wellbeing.

“It should specifically address the problems associated with suicides, particularly among young people, and include measures to help young people develop a positive self-image and healthy and satisfying relationships with peers and family.”

As part of increasing understanding about mental health, it was considered important to document the range of interventions which currently exist across Northern Ireland.

It is acknowledged that this database cannot claim to be fully comprehensive, but it forms a start to the collection of information on a vitally important issue. This information will be updated in the future.

I would like to thank all those who contributed to the document and hope that it provides a useful resource.

Dr Brian Gaffney
Chief Executive
(Chair of Regional Task Force on Mental Health Promotion)

Introduction

The national and international policy climate is placing growing emphasis on improving the mental health status of the population. In addition to concerns about an increasing youth suicide rate, the World Health Organisation predicts that mental illness, most notably depression, is likely to become a major health issue.

There is a growing interest in adopting a public health approach to promoting the mental health of the population. This approach emphasises promoting good mental health, early intervention and preventing mental health problems. It requires a new way of thinking about mental health and its determinants, the causes of mental health problems and about action to improve the mental health of the population.

Mental health is fundamental to good health and quality of life and therefore must be addressed as part of improving Northern Ireland's overall health.

Mental health promotion has its roots, its meaning and its strength in individual and community capacities, competencies and wisdom to deal with life's challenges.

Mental health promotion is an approach which enables people to increase control over and improve their own health. It recognises that all people are intrinsically resourceful, ie they have their own capacity to make decisions about what is, or is not, good for them. This capacity may be compromised by internal and external forces such as stress, illness, violence, abuse, poverty, injustice, unemployment and major life events. When this resourcefulness is 'overloaded' then external conditions need to be set up to foster and support that resourcefulness.

The aim of mental health promotion is to enhance competence, self-esteem and a sense of wellbeing at the individual level, and to address the broader structures and environments that have negative mental health impacts.

Mental health can be promoted in a number of ways including:

- public policy and structural approaches: addressing issues known to affect mental health, for example, unemployment, poverty, inequality, social exclusion, housing, public safety, racism and discrimination;
- health promotion and education: which might include exercise, coping skills, parenting skills, relationship skills, negotiating and self-assertion techniques, opportunities for participation and social inclusion and programmes to build self-esteem;
- work directed at the primary prevention of mental illness: such as social support for new mothers, reducing the rate of post-natal depression;
- improving the quality of life of people experiencing mental distress.

Improving the mental health of individuals, families, organisations and communities has a number of recognised benefits. It can:

- improve physical health;
- increase emotional resilience, enabling people to survive difficulties and distress;
- enhance citizenship, giving people the skills and confidence to adopt meaningful and effective roles in society;

- increase productivity;
- help to reduce either the incidence or the severity of mental health problems;
- reduce the significant costs, to individuals, their families, their employers, the health service and the country as a whole.

There is moral argument that the promotion of mental health is worthwhile in itself, and that it is a basic community responsibility to foster mental as well as physical wellbeing.

What is mental health?

Mental health is the emotional and spiritual resilience which enables us to enjoy life and to survive pain, suffering and disappointment. It is a positive sense of wellbeing and an underlying belief in our own and others' dignity and worth. Mental health is influenced by our genetic inheritance and by our experiences in the following three key areas.

1. Healthy structures

Healthy social, economic and cultural structures provide a basic framework for developing and maintaining positive mental health.

Structural factors associated with an increased risk of mental health problems include unemployment, poor housing, inequality in income, discrimination, and limited opportunities to exercise choice or control. Education is a protective factor for mental health, notably pre-school education.

Examples of mental health promotion initiatives that aim to address healthy structures include:

- the establishment of a community development programme on the environment – increasing awareness and opportunities to participate among young people;
- the creation of an anti-stigma campaign – increasing awareness about mental health, changing attitudes and increasing respect towards people experiencing mental health problems, reducing their distress, increasing their integration and willingness to seek help;
- the development of child/family health strategies – assessing the impact of current policies and practice on families, increasing family friendly policies in the workplace and the development of initiatives and services which support families;
- the establishment of specific advocacy and interpretation initiatives – providing culturally appropriate advocates and interpreters, increasing awareness and understanding and ensuring access for all to services.

2. Citizenship – social world

Social support, strong social networks, a sense of integration and social inclusion are key predictors for mental health. Loneliness and isolation increase the risk of suicide and major depression and also reduce people's ability to cope with stressful life events. A positive sense of belonging and participating in society and the recognition of diversity and mutual responsibility contribute to mental wellbeing.

Examples of mental health promotion initiatives that aim to enhance citizenship include:

- the establishment of mental health policies in the workplace – reducing the rate of absenteeism and increasing productivity through reducing organisational causes of stress, increasing opportunities for control and promoting awareness of mental health issues;
- anti-bullying schemes – reducing the rate of physical and verbal abuse/bullying within schools and increasing the self-esteem of pupils;
- the development of a community safety policy – reducing the rates of crime and vandalism, increasing citizens' feelings of safety resulting in their increased use of public spaces.

3. Emotional resilience – inner world

Emotional resilience relates to how people feel about themselves, the interpretation of events and people's ability to cope with stressful or adverse circumstances. Self-esteem, coping and life skills, and opportunities to make choices and exercise control over one's life increase emotional resilience and reduce mental distress. Emotional and physical neglect and deprivation in childhood inhibit the development of emotional resilience and greatly increase vulnerability to mental health problems.

Examples of mental health promotion initiatives that aim to increase emotional resilience include:

- parenting skills courses – increasing the confidence of parents in dealing with their children, improving relationships between parents and children and between parents and professionals;
- life skills training – increasing appropriate services provided by primary health care teams and increasing the coping strategies among older people, who may be particularly vulnerable;
- the development of good childcare facilities – allowing parents to work and care for their children more effectively and children in turn to feel more cared for and therefore better able to learn and develop;
- peer support programmes – to discourage alcohol and substance abuse among adolescents;
- training schemes for registered childminders – promoting understanding of the emotional needs of pre-school children.

Source: Health Education Authority (1997). Mental Health Promotion: A Quality Framework

A range of definitions of mental health now exist which span a wide theoretical base and have moved away from traditional views of mental health equalling mental illness.

The Regional Strategy for Health and Wellbeing (1997-2002) states “the determinants of mental health include physical health, personality, early childhood influences, particularly the quality of parenting, recent life events and social factors, eg unemployment and social isolation. Good mental health is associated with positive self-image, healthy and satisfying relationships with peers and family, skills and competencies in decision making and problem solving and self-motivation and social support in facing life events. The changing nature of social roles and factors such as unemployment have a bearing on emotional wellbeing. In particular the issues of anxiety and depression, especially in vulnerable groups such as women, older people, unemployed people and those recently bereaved or traumatised, and of caring for carers, need to be addressed.”

Objectives

The objectives of this work were:

- To collect information on interventions and initiatives in Northern Ireland which are intended to promote mental health, ie interventions which promote mental health in the general population or in high-risk groups (eg disadvantaged single mothers, children who are bullied, those under stress at work).
- To identify interventions aimed at:
 - reducing the incidence, impact and stigma of mental distress, anxiety and illness;
 - improving emotional health and wellbeing;
 - reducing excessive stress and violent and intimidating behaviour;
 - enhancing coping and relationship skills;
 - enhancing parenting and child rearing skills;
 - encouraging strong and supportive family relationships;
 - reducing social isolation and helplessness.
- To establish a database of interventions enabling practitioners to use the identified resources.

Methodology

This database was compiled during January and February 1999. A questionnaire was prepared, based on a similar survey designed by Health Promotion Wales, to encourage a rapid response with a concise outline of projects and interventions.

Fifteen hundred questionnaires were sent to a wide range of organisations and individuals throughout Northern Ireland (voluntary, community and statutory) in December 1998. Respondents were asked to identify in which of the following six categories they would place their project:

1. General mental health promotion which has been universally applied to everybody within or across particular developmental stages (eg children, young people, adults, older people) or within a particular setting (eg workplace, school, primary care) or related generally to issues (eg stress, bullying, self-esteem).
2. Programmes related to infants and pre-school children within high-risk groups (eg parenting projects, home start, support, play groups).
3. Programmes related to school aged children or young people within high-risk groups (eg young carers, counselling, support, special needs).
4. Programmes related to adults or older people within high-risk groups (eg post-natal, social support, helplines, centres).
5. Programmes related to individuals or groups with an early or less disabling mental health or behaviour problem, or their carers (eg occupational health, employment initiatives, self help).
6. Programmes related to individuals or groups with an identified severe mental health or behavioural problem or a diagnosed mental illness, or their carers.

These categories were originally devised as a conceptual framework for analysis of effective mental health promotion in an extensive literature review undertaken by Professor Ray Hodgson and Tina Abbasi and published by Health Promotion Wales in 1995.¹

Presentation of responses

Responses to the questionnaire are presented in each of the six categories. It is important to note that the survey was not intended to identify every mental health promotion programme in Northern Ireland, depending as it did on self-selection rather than on a restricted representative sample. It is also important to note that this information will be updated in the future.

Not all responses received have been included in this edition, either because of missing information, because some have not yet started or because the implications for mental health promotion were not made clear. Several responses indicated more than one category. However one category only was allocated to each project for the purpose of providing exemplars. A few projects did not indicate any category, and were therefore placed in a category based on the information provided. Contacts have been identified in each case for further information.

The descriptions of the projects included in this database are those of the survey respondents. This database has been compiled by the Health Promotion Agency and the inclusion of projects does not signify their endorsement by the Agency. While every effort has been made to ensure that this information is accurate no responsibility (legal or otherwise) is accepted by the Health Promotion Agency for Northern Ireland for any errors, omissions or otherwise.

Mental Health Promotion in Northern Ireland

CATEGORY 1

General mental health promotion which has been universally applied to everybody within or across particular developmental stages (eg children, young people, adults, older people) or within a particular setting (eg workplace, school, primary care) or related generally to issues (eg stress, bullying, self-esteem).

Project name	Lifestart Foundation				
Contact name	Carleen Doherty/Dolores McGuinness				
Address	46b Racecourse Road Londonderry BT48 8DS				
Telephone number	01504 354712				
Brief description of project	Lifestart is a home-based, educational programme for parents of children aged from birth to five years. Its aim is to enable parents to make informed, relevant decisions around the upbringing of their children. Family visitors deliver an age appropriate monthly periodical on child development to parents and explain and help them implement the recommendations. The information focuses on the physical, social, emotional and intellectual development of children and is tailored to the unique situation of the individual family by the trained family visitor.				
Objectives	The foundation has two offices (Northern Ireland and the Republic of Ireland) whose role it is to attend to quality in the promotion, establishment, development and evaluation of Lifestart projects. They do this by offering opportunities for training and networking; creating and helping implement policies, guidelines and procedures, lobbying Government to recognise and resource education from birth, home as a centre of learning, parents as primary educators; on-site consultation and advice.				
Outcomes:	<table style="width: 100%; border: none;"> <tr> <td style="width: 15%; text-align: right;">Planned</td> <td> <ul style="list-style-type: none"> • Government recognition of education from birth; home as official centre of learning; parents as primary educators – financial support of same. </td> </tr> <tr> <td style="text-align: right;">Actual</td> <td> <ul style="list-style-type: none"> • Physically, socially, emotionally and intellectually enhanced children. • Improved skills and knowledge of parents. </td> </tr> </table>	Planned	<ul style="list-style-type: none"> • Government recognition of education from birth; home as official centre of learning; parents as primary educators – financial support of same. 	Actual	<ul style="list-style-type: none"> • Physically, socially, emotionally and intellectually enhanced children. • Improved skills and knowledge of parents.
Planned	<ul style="list-style-type: none"> • Government recognition of education from birth; home as official centre of learning; parents as primary educators – financial support of same. 				
Actual	<ul style="list-style-type: none"> • Physically, socially, emotionally and intellectually enhanced children. • Improved skills and knowledge of parents. 				
Evaluation	Reports available.				

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	The Greater Twinbrook and Poleglass Community Health Forum
Contact name	Barbara Murphy ('Health For All' Development Officer)
Address	Stewartstown Health Centre Stewartstown Road Dunmurry BT17 0FB
Telephone number	01232 602705
Brief description of project	The Community Health Forum for the Greater Twinbrook and Poleglass Area on the outskirts of West Belfast, has been in existence since October 1995. It is a sub-forum of the Greater Twinbrook and Poleglass Community Forum.
Objectives	Identify and respond to community health needs by developing a coordinated Action Plan, delivered through a community development approach, in order to improve the quality of life of local residents.
Outcomes:	
Planned	<ul style="list-style-type: none"> • It is planned to work with a researcher to collate relevant statistics for the area and to lobby for Trusts to collect information more uniformly and share information more readily. • Awareness training and an advocacy worker are planned for the area once a key/liaison worker is appointed.
Actual	<ul style="list-style-type: none"> • The statutory and voluntary sectors are working together to try to meet local need (as highlighted by the Community Health Forum). • Trusts are working to produce more uniform ways of collating patient information.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Women's Centre Outreach Project
Contact name	Christine Pradeep
Address	32 Great James Street Londonderry BT48 7DB
Telephone number	01504 267672
Brief description of project	To support and nurture the development of new women's groups/centres in the Northwest – largely Londonderry and Strabane. To pay attention to marginalised groups, eg women from ethnic minorities; Travellers; under representation of women from Unionist tradition. To network and facilitate training and information needs.
Objectives	<ul style="list-style-type: none"> • Establishment of new groups. • Facilitation support. • Support to existing groups. • Collaboration on women's programmes owned aimed at tackling sectarianism/lack of women's participation in political forums of any nature. • In process have discovered a need for tailored support to women from ethnic communities, suffering chronic depression who feel doubly isolated from mainstream services as a result of cultural variance in how depression is perceived and which both internally/externally imposes constraints on action.
Outcomes:	<ul style="list-style-type: none"> • Establish Women's Centre in Strabane • Work to develop Multicultural Centre in North West. • Support to Traveller's Women's groups.
Planned	
Actual	<ul style="list-style-type: none"> • Women's Centre now in 11 Railway Road, Londonderry • Informal women's group emerging – cross-border links. • Network of organisations collaborating on development of North West Ethnic Community Association.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Craigavon Borough Council – Community Services Programme
Contact name	Dianne Robb – Acting Principal
Address	Craigavon Civic Centre PO Box 66 Lakeview Road Craigavon BT64 1AL
Telephone number	01762 341199
Brief description of project	We run a number of services directly, eg providing community centres/ Town Halls for groups to meet and carry out activities. We provide some financial assistance to groups. We also provide transport and a resource centre. We support groups indirectly in their community development work, eg Citizen's Advice Bureau – advice and information.
Objectives	<ul style="list-style-type: none"> • To encourage volunteering and active citizenship. • To be involved in community development in rural areas, eg with children via summer schemes and other school clubs.
Outcomes: Planned	An enhanced quality of life.

Project name	The Teen Centre
Contact name	J Thompson
Address	Health Visiting Department Erne Hospital Enniskillen BT74 6AY
Telephone number	01365 324711 Ext 3471
Brief description of project	A centre for young people to drop in for information, advice or support. Based in local college.
Objectives	<ul style="list-style-type: none"> • To support young people to obtain information or help them make decisions. • Help the young person contact the necessary people if more detailed help or support is needed.
Outcomes: Actual	<ul style="list-style-type: none"> • Approximately half of the young people attending just want someone to talk to. • A quarter want advice or information. • A quarter are referred to other agencies, ie GP or mental health team.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Rural Mental Health Conference – 14 October 1998
Contact name	Kieran Devlin
Address	Health Promotion Co-ordinator Newry and Mourne HSS Trust John Mitchell Place Newry BT34 2BU
Telephone number	01693 67030 Ext.325
Brief description of project	This conference was organised by the Mental Health Voluntary Group – a sub group of the Newry and Mourne Health Forum to mark World Mental Health Day. The theme of rural mental health had been identified as an area of special interest by the Mental Health Working Group.
Objectives	<ul style="list-style-type: none"> • To raise awareness of the public and of the relevant voluntary and statutory agencies to the particular mental health needs that arise for people who live in rural settings. • To look at ways our rural mental health needs can be measured as an initial step in the development of a strategic plan to effectively address local needs in local ways.
Outcomes:	<ul style="list-style-type: none"> • Awareness of rural mental health has been raised via media coverage and delegates at the conference. • The Mental Health Working Group is currently investigating methods that could be used to measure local rural mental health needs.
Planned	
Actual	

Project name	NUS-USI Student Finance Project
Contact name	Peter O'Neill – Manager NUS-USI Student Centre
Address	29 Bedford Street Belfast BT2 7EJ
Telephone number	01232 244641
Brief description of project	Provision of information and advice services on issues of student financial support. Money management and debt counselling resources to students facing financial hardship.
Objectives	As above
Evaluation	Report available

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Aisling Centre
Contact name	Mary Conway
Address	37 Darling Street Enniskillen Co. Fermanagh BT74 7DP
Telephone number	01365 325811
Brief description of project	Aisling is the Irish word for dream or vision and here at the Centre we have a vision for a more holistic and peaceful way of life for each person, family unit and community. We strive to bring emotional and mental health issues into the public arena by providing a range of services in a non-stigmatising way. This is achieved through having a bustling coffee shop as part of our business. It provides and symbolises a sense of welcome and hospitality to all who visit us no matter what the presenting situation.
Objectives	Services we offer: <ul style="list-style-type: none"> • A professional counselling service (supported by local Trust but independent of it) in response to issues of sexual abuse, domestic violence, depression, family break-ups, bereavements etc. • Adult career guidance service for adults who wish either to return to work or develop personally and professionally. • Part time Crèche facilities for families under pressure • An extensive programme of personal development courses both in-house and county-wide. • A club for active elderly people.
Outcomes: Actual	Demand for our services is constantly growing. In the past year: <ul style="list-style-type: none"> • 750 people have come for counselling. • 500 people have taken part in our personal development programmes. • 250 people have used our adult career guidance service. • 27 children have used the crèche facility on an on-going basis. • Approximately 500 people use the coffee shop each week. • We have just completed a £340,000 extension to provide extra counselling rooms and make premises accessible to disabled people.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Stress Management In College Induction Programme
Contact name	Rosemary Daly – Acting Health Promotion Manager
Address	Health Promotion Department St Luke's Hospital Loughgall Road Armagh BT61 7NQ
Telephone number	01861 412532
Brief description of project	Workshops delivered as part of an overall health induction programme to most Colleges of Further Education in the area. Over 800 students participated in September/October 1998. Plans are underway to repeat this exercise for the third year in the new academic year.
Objectives	<ul style="list-style-type: none"> • To provide students with an opportunity to become more aware of how to manage stress in college. • To raise awareness of the causes of stress. • To recognise what it is like to be stressed. • To develop personal coping mechanisms in managing stress.
Outcomes:	<ul style="list-style-type: none"> • Increase in knowledge re: stress. • Measures to deal with exam pressure.
Planned	
Actual	
Evaluation	Report available.

Project name	Parents Advice Centre
Contact name	Pip Jaffa
Address	Parents Advice Centre Franklin House 12 Brunswick Street Belfast BT2 7GE
Telephone number	01232 310891
Brief description of project	Parents Advice Centre offers support, guidance and counselling to individual family members. Contact can be made by telephone, drop-in or by appointment. There are four centres: Belfast, Londonderry, Dungannon and Ballymena. The service is operated by trained volunteers and celebrates 20 years of helping families in 1999. The service is free to users and confidential.
Objectives	<ul style="list-style-type: none"> • To enable parents to look at their choices when faced with a difficulty. • To improve callers' self-esteem. • To help callers recognise their skills and strengths. • To improve relationships within families.
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Kilcooley Youth Health Project
Contact name	Mark Gordon, Youth Health Worker
Address	Kilcooley Community Forum 4 Kilcooley Square Bangor BT19 1SH
Telephone number	01247 479424
Brief description of project	Kilcooley Youth Health Project was set up to assess the health of young people in Kilcooley. Its aim is to find out what the primary needs are perceived to be and begin to implement programme/s to address the issues.
Objectives	<ul style="list-style-type: none"> • To raise the awareness of health issues among young people (aged 9-21). • To enable young people to take responsibility for their health. • To promote health initiatives for young people with emphasis on sexual health, alcohol, drug and solvent misuse.
Outcomes: Planned	<ul style="list-style-type: none"> • Improved knowledge about health issues. • Improve ambitions and aspirations. • Become valuable members of their community. • Work with peers, encouraging healthy lifestyles.
Evaluation	Report available in June 1999.

Project name	Princess Royal Trust Belfast Carers Centre
Contact name	Rosie Dargan
Address	Unit 1 The Spires Fisherwick Place Belfast BT1 6DU
Telephone number	01232 434700
Brief description of project	Support for unpaid carers in Belfast. Listening ear – our most used service. Advocacy. Contact with relevant organisations. Group support. Empowerment training and support Peer consultancy. Awareness raising – with media, statutory, voluntary and education bodies. Watchdog for carers issues.
Objectives	As above.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Donegall Pass Community Group
Contact name	Stephanie Green, Community Development Worker
Address	1-5 Coyles Place Belfast BT7 1EL
Telephone number	01232 326256
Brief description of project	Several projects: <ul style="list-style-type: none"> • Donegall Pass Youth Project. • Donegall Pass Environmental Group. • Donegall Pass Women's Group. • Donegall Pass Forum. • Donegall Pass Young Women's Group Advice Project. • Donegall Pass Community Group Festival. • Community Training Co-operative.
Objectives	<ul style="list-style-type: none"> • Building self-esteem. • Promoting collective action. • Encouraging active citizenship. • Improving services at point of need. • Reducing isolation.
Outcomes:	<ul style="list-style-type: none"> • More local people involved in education and training. • More community projects. • Improved services
Planned	
Actual	More local people involved in education and training but need more support to continue. Too few with confidence to bring forward new projects. Improved services, eg new advice worker and advocacy worker for welfare rights, housing and employment.
Evaluation	Some project reports available.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	British Epilepsy Association
Contact name	Morina Clarke, Regional Services Manager
Address	Graham House Knockbracken Healthcare Park Saintfield Road Belfast BT8 8BH
Telephone number	01232 799355
Brief description of project	<ul style="list-style-type: none">• The Association provides an Epilepsy Helpline available to both the public and professionals working in the field of epilepsy.• Literature for young people.• A range of videos.• Support groups in different areas in Northern Ireland.• Specialist Epilepsy Nurses – providing support to people with epilepsy and families in the community.• Research – educational.• Free professional advice to include people with mental health problems.
Objectives	Improve the quality of life and promote the interests of people with epilepsy.
Outcomes: Planned	Epilepsy is one of the most significantly stigmatised health conditions and we work continually to reduce this. We are interested in the issues of homelessness/mental health/epilepsy.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Equal Opportunities Commission
Contact name	Christena Colclough
Address	22 Great Victoria Street Belfast BT2 7BA
Telephone number	01232 242752
Brief description of project	<p>The Equal Opportunities Commission for Northern Ireland was set up under the Sex Discrimination Order (NI) 1976 to promote and protect the rights of women and men and to eliminate sex discrimination.</p> <p>Through advice and information, research publications, media reports, training and seminars, the Commission encourages employers to adopt family friendly policies in the workplace.</p> <p>Issues like pregnancy and maternity, low pay, the 'glass ceiling', unemployment and the difficulties of balancing home and work responsibilities need to be tackled. These areas often create stress, which can lead to mental ill-health.</p> <p>The Commission's work aims to make employment policies and practices in the workplace more even-handed and to promote gender equality.</p>
Objectives	As above.

Project name	'Drop In' Clinics in Secondary Schools
Contact name	Dr Helen Adams
Address	Knockbracken Healthcare Park Saintfield Road Belfast BT8 8BH
Telephone number	01232 242521
Brief description of project	<p>A group of staff in Community Paediatrics in South and East Belfast Health and Social Services Trust are in the process of setting up a pilot study where we plan to have 'drop in' sessions in secondary schools. A school nurse and Clinical Medical Officer will staff this. The aim is to be available for young people for consultation on health issues – physical, mental and emotional.</p>
Objectives	To provide an easily accessible clinic within the school setting where advice can be sought on health issues.
Outcomes: Planned	Service will be audited in relation to health gain.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Management of Pressure
Contact name	Una Curran, Occupational Health Sister
Address	Marks and Spencer 48 Donegall Place Belfast BT1 5BY
Telephone number	01232 235235
Brief description of project	This course is aimed at staff who are undergoing some sort of development, ie promotion, change of category, mobility.
Objectives	<ul style="list-style-type: none"> • To help staff to avoid stress through enabling them to understand where the pressure in their lives comes from. • To demonstrate additional coping skills to help them manage pressure better.
Outcomes: Planned	Staff who understand pressure and their reaction to it can alter their behaviour or at least learn to manage themselves better and guard against a great deal of stress.

Project name	Health Perceptions Project
Contact name	Brenda McHugh (East Belfast) Jo Murphy (North Belfast)
Address	524-544 Upper Newtownards Road Belfast BT4 3HE
Telephone number	01232 702889 (East Belfast) 01232 741188 (North Belfast)
Brief description of project	Research project undertaken in four communities in inner city Belfast, where a participatory process was used to involve local residents in defining their own views of the factors which influence their health. The project is now in an implementation phase, where work is ongoing to develop responses to the issues raised by various age groups and by both men and women in each areas.
Objectives	<p>The project was undertaken to inform health promotion services, to help target resources and approaches more appropriately in areas which score high in deprivation indices.</p> <p>The objectives were:</p> <ul style="list-style-type: none"> • To involve local people. • To identify issues which people believed influenced their health. • To work with people to begin to address the issues.
Outcomes: Actual	<ul style="list-style-type: none"> • Development of strategy for health for each area. • Community Research Groups for health issues established in each area. • Practical examples of work identified, eg work with young people and young teenage mothers.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Chinese Health Project (Barnardos)
Contact name	Una Goan (Team Leader)
Address	100 Lisburn Road Belfast BT9 6AG
Telephone number	01232 668766
Brief description of project	<p>The Chinese Health Project is a community development project, which is a partnership between Barnardos and the Chinese Welfare Association. It employs three bilingual Chinese lay health workers in the Greater Belfast and Craigavon areas.</p> <p>The project's aim is to identify the health needs of the Chinese and Vietnamese communities and to provide culturally specific health initiatives.</p> <p>The workers' role includes casework with individual families which involves advocacy, support, liaison with health professionals including interpreting, skills sharing, and health promotion.</p> <p>The workers also facilitate two women's groups 'Oi-Kwan' with 80 members in Belfast and 'Oi-Wah' with 37 members in Craigavon. These groups not only decrease social isolation but also provide opportunities to celebrate cultural identity. The women's group programme also provides training and education opportunities from English classes, computer training to childcare and general health issues.</p>
Objectives	<ul style="list-style-type: none"> • To gain greater access to and encourage greater ownership of health provision. • To promote a more preventive rather than curative approach to health. • To establish a model of lay participation by the Chinese and Vietnamese communities in the promotion of health, which is ethnically sensitive to and respectful of their cultural values and circumstances.
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	'A Matter Of Balance' – Workplace Stress Management
Contact name	Trish Keogh-Hodgett – Health Promotion Co-ordinator
Address	Mater Hospital 45-51 Crumlin Road Belfast BT14 6AB
Telephone number	01232 802231
Brief description of project	Workshops (2 hours duration) have been offered to all staff since 1994. Workshops include identifying sources of stress and developing coping mechanisms. Practical relaxation is part of the workshop(s).
Objectives	To enable staff to identify stress and choose suitable coping strategies.
Outcomes: Actual	Evaluation of workshops. World Mental Health Day is supported each year to raise awareness and give support. Information displays are staffed throughout the hospital and alternative therapies are on offer, eg Aromatherapy. A women's, men's, family and staff health day(s) have been organised in the hospital. Information and practical sessions, eg massage and relaxation have been available. Physical activity sessions are offered to staff, after working hours.
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Confidential Counselling and Advice Service (CCAS)
Contact name	Caroline Parkes
Address	Occupational Health Department Second Floor, West Wing RVH Trust Grosvenor Road Belfast BT12 6BA
Telephone number	01232 894611
Brief description of project	<p>A dedicated telephone line is available to all staff at the Royal Group of Hospitals Trust (RGHT) for staff to discuss in confidence information about stress and other psychological difficulties and advice on how to deal with these difficulties. Counselling is also provided and information about additional sources of help if relevant. An answering facility is available for night staff.</p> <p>This service is also available to the Ulster Community and Hospitals Trust as RGHT Occupational Health Department currently provides services to other organisations.</p>
Objectives	<ul style="list-style-type: none"> • All staff will be aware of CCAS facility. • All RGHT personnel have access to a telephone help line to discuss difficulties/problems in confidence. • All RGHT staff can access face to face counselling with a trained counsellor in the Occupational Health Department.
Outcomes: Planned	Problems may be identified early, thus avoiding if possible mental health problems.
Evaluation	Report available.

Project name	Dunlewey Substance Advice Centre (N.I. Ltd)
Contact name	Jo Daykin
Address	226 Stewartstown Road Belfast BT17 0LB
Telephone number	01232 611162
Brief description of project	The organisation was created for the relief of persons suffering from alcohol, solvents or drug dependency. It is committed to the advancement of education and the protection of health and in particular to providing counselling for people who are concerned about chemical dependency. It also provides education and training on substance misuse.
Objectives	<ul style="list-style-type: none"> • Provide counselling on a one to one basis. • Provide education sessions to communities. • Provide training courses on drug misuse.
Outcomes: Planned	All objectives have been achieved. They are measured on an annual basis, as agreed by funders.
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Ulster Cancer Foundation Professional Fitting Service (for women who have undergone breast surgery)
Contact name	Eileen Creery
Address	40/42 Eglantine Avenue Belfast BT9 6DX
Telephone number	01232 663281
Brief description of project	To provide mastectomy patients with the opportunity to view and purchase specially designed bras and swimwear. This professional fitting service is available on an individual and confidential basis provided by fully trained post-mastectomy patients. The service operates on an appointment basis.
Objectives	<ul style="list-style-type: none">• To encourage patients return to 'normal life'.• To help alleviate feelings of loss of confidence.• To promote a feeling of 'looking good'.
Outcomes: Planned	Adjustment to life after breast cancer.
Evaluation	QUB Service Quality report available.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Ulster Cancer Foundation Cancer Information Support & Counselling in the Northern Ireland Cancer Centre
Contact name	Ruth Campbell
Address	40/42 Eglantine Avenue Belfast BT9 6DX
Telephone number	01232 663281 or 01232 329241 Pager 0827
Brief description of project	This service provides information, support and counselling to cancer patients and their families who attend the Cancer Treatment Centre at Belfast City Hospital. It aims to help them cope with a diagnosis of cancer and its subsequent treatment and rehabilitation. Two Ulster Cancer Foundation Care Nurses who are experienced counsellors and have an extensive resource of information on all aspects of cancer are available Monday to Friday from 9am – 5pm. They are able to communicate sensitively and effectively with cancer patients and their families and respond appropriately to their needs.
Objectives	<ul style="list-style-type: none"> • To reduce fear and unnecessary anxiety by providing accurate and easily understood information and addressing the various practical aspects of living with cancer. • To promote greater understanding of cancer and its treatment and enable patients to participate more fully in their medical care and decision making. • To provide counselling to help people cope with the bewildering range of emotions and reduce psychological morbidity. • Provide a sympathetic ear when patients are anxious or upset or bad news is given. • Reduce stress and promote a sense of wellbeing by additional forms of support, eg relaxation and massage.
Outcomes:	
Planned	To provide a service that enables patients, their families and carers to cope more effectively with a diagnosis of cancer and its treatment.
Actual	In a one-year period a total of 2,500 contacts have been made with cancer patients and relatives. Initial responses to this new service indicate that contact with the care nurses is much appreciated and the various forms of support do help. An evaluation and audit is currently being prepared.
Evaluation	QUB Service Quality report available.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Ulster Cancer Foundation Northern Ireland Cancer Helpline
Contact name	Vivienne Ferris – Helpline Co-ordinator
Address	40/42 Eglantine Avenue Belfast BT9 6DX
Telephone number	01232 663281 or 0800 7833339
Brief description of project	The Ulster Cancer Foundation's Freefone – 0800 7833339 'Cancer Care on Call' provides a 9.00am – 5.00pm service, where the Helpline is staffed by specially trained Cancer Information Nurse Counsellors. The telephone service is there for patients, relatives and friends living with cancer, as well as for the general public, health professionals and anyone with any concerns about cancer.
Objectives	<ul style="list-style-type: none"> • To provide callers with information, clarifying any areas of confusion or misconception. By providing necessary information allowing patients to make informed choices and to be involved in their individual care which will be tailored to their needs. • To treat callers holistically including where requested their families, friends and carers. • To complement and work together with other services being provided, ensuring all the needs of each caller are met. • The Helpline plays an important role, not solely by providing information and support but also in the promotion of early detection and helping people reduce their risk of cancer.
Outcomes: Actual	<ul style="list-style-type: none"> • Access to clear, accurate unbiased information which is easily understood. • A service which will meet the emotional, psychosocial and psychological needs of cancer patients, their families and carers. • A sympathetic listening ear therefore enabling people to talk confidentially about their concerns and anxieties. • Formal counselling if requested/felt necessary.
Evaluation	<ul style="list-style-type: none"> • QUB Service Quality report available.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Ulster Cancer Foundation Breast Cancer Volunteer Befrienders
Contact name	Eileen Creery
Address	40/42 Eglantine Avenue Belfast BT9 6DX
Telephone number	01232 663281
Brief description of project	This is a service linking a woman who has had breast cancer to another woman who has had a similar experience. The Volunteer Befrienders are at least two years post-diagnosis and treatment and are well adjusted both emotionally and psychologically. They are carefully selected and trained by the Ulster Cancer Foundation. They offer their time and attention listening to concerns in a friendly and approachable manner. Volunteer Befrienders offer practical information and emotional support but do not give medical advice.
Objectives	<ul style="list-style-type: none"> • To reduce feelings of isolation. • To give practical advice on coping with a mastectomy. • To identify practical and emotional needs. • To enable patients to share their experiences and feelings with someone who understands.
Outcomes: Planned	<ul style="list-style-type: none"> • Adjustment to life after breast cancer.
Evaluation	QUB Service Quality report available.

Project name	Ulster Cancer Foundation Cancer Support Groups (for patients and family)
Contact name	Eileen Creery
Address	40/42 Eglantine Avenue Belfast BT9 6DX
Telephone number	01232 663281
Brief description of project	Meetings of the following Cancer Support Groups are arranged on a regular basis throughout Northern Ireland. Breast, Laryngectomy, Lymphoma, Ovarian, N.I. Urostomy and N.I. Colostomy. Each support group meets approximately five times a year, facilitated by Cancer Information Nurse Counsellors. Input from each group is invaluable in identifying their needs. Guest speakers for the support group meetings range from Aromatherapists to Consultant surgeons.
Objectives	<ul style="list-style-type: none"> • To provide continuing support to patients, families and friends. • To reduce feelings of isolation. • To enable patients to share experiences in a safe and trusting environment.
Outcomes: Planned	<ul style="list-style-type: none"> • Reassurance – there is life after cancer.
Evaluation	QUB Service Quality report available.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	'Change of Mind' Mental Health Promotion Group
Contact name	Brenda Quinn, Operations Manager
Address	North and West Belfast Health and Social Services Trust Everton Complex 585/587 Crumlin Road Belfast BT14 7GB
Telephone number	01232 566035
Brief description of project	'Change of Mind' is an interagency Mental Health Promotion Group established by North and West Belfast Health and Social Services Trust in 1991. The group consists of representatives from the Trust's mental health services, voluntary agencies and users and carers. The Group has developed a number of links with local organisations and schools to promote awareness of the nature of psychological illness
Objectives	<ul style="list-style-type: none"> • To increase public awareness of mental ill-health issues. • To promote mental wellbeing among the population of North and West Belfast. • To promote healthy living among service users and their carers. • To enhance the effectiveness of mental health services.
Outcomes: Actual	Involvement in local festivals, input to local schools, booklet re: Community Care for use by teachers, suicide strategy, radio and TV coverage, drama group, poetry and story-telling afternoon.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	The Western Health and Social Services Board Strategy for the Prevention of Suicide		
Contact name	Dermot Lynch and Barry McGale Suicide Awareness Co-ordinators		
Address	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"> Dermot Lynch Tyrone & Fermanagh Hospital Omagh Co. Tyrone BT79 0NS </td> <td style="width: 50%; border: none;"> Barry McGale Westcare Business Services Health Promotion Department 12c Gransha Park Londonderry, BT47 1WJ </td> </tr> </table>	Dermot Lynch Tyrone & Fermanagh Hospital Omagh Co. Tyrone BT79 0NS	Barry McGale Westcare Business Services Health Promotion Department 12c Gransha Park Londonderry, BT47 1WJ
Dermot Lynch Tyrone & Fermanagh Hospital Omagh Co. Tyrone BT79 0NS	Barry McGale Westcare Business Services Health Promotion Department 12c Gransha Park Londonderry, BT47 1WJ		
Telephone number	Dermot Lynch 01662 245211 Ext 2479/2318 Barry McGale 01504 865127		
Brief description of project	<p>Suicide currently accounts for approximately 1% of deaths annually and rates among young men have risen by 75% since 1982 (DOH 1993). In Britain each week approximately 84 people commit suicide (Eldrid 1988). Here in Northern Ireland there is growing public and professional concern about the increasing patterns of suicide among our young people. In Northern Ireland a recent qualitative research study (Foster et al 1997) found that 90% of completed suicides had a diagnosable mental illness.</p> <p>It was within these contexts that a conference was hosted in 1993 by the then Area Mental Health Unit and City of Derry councillors to develop a strategy for the prevention of suicide in the Western Health and Social Services Board (WHSSB). As suicide is a multi-dimensional malaise (Shneidman 1985) a multi-agency steering group was also formed. The strategy consists of four key elements:</p> <ol style="list-style-type: none"> 1. Education – the co-ordination of campaign days such as the annual Defeat Depression and World Mental Health Days empower the public about mental health and how to access services. All staff working with potentially suicidal clients require training in Suicide Risk Assessment (DHSS 1994). We have developed a training programme for staff in conjunction with the Western Area In-service Consortium. The training is provided to statutory and voluntary service providers. 2. Environment – the strategy stresses the necessity to remove, reduce or make less accessible the means of suicide. 3. Media – research has produced evidence that front page and sensationalistic reporting of a suicide can encourage copy cat deaths (Schmidthe and Hafner 1988). In January 1998, the Steering group and members of the National Union of Journalists produced 'Preventing Suicide, Working Together,' a guide for the media to ensure effective and responsible reporting of suicides. 4. Research – currently we have established a sub group consisting of members from statutory and voluntary agencies and we are collating information on suicide and deliberate self-harm. This information will be disseminated to relevant organisations in the Western Board area. 		
Objectives	As above		
Outcomes: Planned	To contribute to the Department of Health and Social Services objectives to reduce the overall suicide rate in Northern Ireland.		

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	City of Belfast YMCA
Contact name	Susan Giffen
Address	12 Wellington Place Belfast BT1 6GE
Telephone number	01232 327231
Brief description of project	We offer a wide range of programmes across all age groups. Those more closely linked to mental health include: <ul style="list-style-type: none">• 'Youth in Government' – political awareness, world citizenship, social skills, healthy living, peer support.• Schools Programme – drugs, anti-bullying, self-esteem.• Day Care – crèche, playgroup and after school facilities.• Counselling Service – one to one counselling, stress workshops, counsellor training.• As a Christian organisation we seek also to care for people's spiritual wellbeing.
Objectives	As above

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Stepping Stone
Contact name	Emer De Baroid
Address	333 Westacres Brownlow Craigavon BT65 4BD
Telephone number	01762 343287
Brief description of project	The project offers services to adults, young people and children, who are experiencing emotional, mental and/or behavioural difficulties. The project offers help to people of the local area of Brownlow and the greater Craigavon area. We see ourselves as a preventative mental health project, though many people who have, or have had, contact with other services, including psychiatric services, use the project. We are based in a house in a mixed estate, and aim to be easily accessible – no formal referral is required (though we do accept these also). We offer one to one counselling/therapy, with a particular emphasis on using creative therapies as appropriate, eg art therapy. We also offer groups for mutual aid and to learn self-help methods.
Objectives	<ul style="list-style-type: none"> • To encourage and promote self-help in all aspects of our work. • To provide one to one counselling and creative therapies for adults, young people and children. • To facilitate development of groups for mutual aid and self-education. • To provide training and supervision – to ensure a high quality of work.
Outcomes: Actual	Many adults, young people, children (and whole families too) have benefited from the services of Stepping Stone. Many people (especially adults) have come off medication and/or avoided hospitalisation. People have reported a greater ability to cope, or to go back to employment or education, and in the case of children/ young people, to avail better of school and leisure interests. Many people of all ages have reported improved relationships.
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Institute for Counselling and Personal Development
Contact name	Aine Thompson – Deputy Director of Counselling
Address	Interpoint 20-24 York Street Belfast BT15 1AQ
Telephone number	01232 330996
Brief description of project	<p>The Institute for Counselling and Personal Development, (ICPD), was established in 1985 in response to a demand for an independent, professional body working in the fields of Counselling/Psychotherapy, training and research. At present ICPD provides a cross-community rapid response professional counselling service, which is free of charge and accessible to all ages with mental health difficulties. Referrals are received from both voluntary and statutory bodies and increasingly self-referral. The Counselling Division of the Institute is a generic service, which deals with a wide range of issues from depression to anxiety, abuse (sexual, emotional, physical, neglect), to post-traumatic stress, bullying and bereavement.</p> <p>Research, mainly in the fields of ageing and learning disability plays an important part in the work of the Institute, identifying areas of need in the community.</p> <p>ICPD also design and facilitate community training initiatives and run a series of workshops for professionals and carers of those with profound and multiple disabilities.</p> <p>‘The Competent Helper’ programme is a cross community course for victims of violence working (or wishing to work) in their community. The course places emphasis on personal development and self-resolution whilst incorporating training in basic counselling, listening, advice and information skills.</p>
Objectives	<p>The primary aim of the Institute for Counselling is ‘To empower people to reach their full human potential, and to also advance peace, reconciliation and social justice throughout the province’. Our objectives to meet this aim are:</p> <ul style="list-style-type: none"> • To provide a free, professional counselling service for those in the community who are experiencing difficulties in their lives. • To provide a safe environment to enable clients to explore any issues that are adversely affecting their lives. • To work in conjunction with statutory and voluntary bodies to regulate professional standards and practice in counselling in Northern Ireland. • To provide support and supervision for statutory and voluntary agencies to ensure ethical practices within their organisations. • To offer training through seminars and workshops to ensure quality standards in staff development. • To establish in partnership with the University of Ulster a Masters Degree in Counselling Psychology accredited by the Psychological Society of Ireland. • To offer a training programme which provides counselling advocacy and advice-giving skills to community groups working with survivors of violence. A programme which is cross-community in approach, association and delivery.
Evaluation	DHSS evaluation, mid-February 1999.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Rural Health and Social Wellbeing Project
Contact name	Elaine O'Doherty
Address	Health Promotion Department Homefirst Community Trust Spruce House Cushendall Road Ballymena BT43 6HL
Telephone number	01266 635575
Brief description of project	This is a multi-agency, community-based project incorporating the principles of community involvement and participation, which is concerned with the development and evaluation of effective mental health promotion strategies, targeting depression and suicide in rural communities. The project brings together members of the local community, voluntary organisations, health professionals and researchers from both sides of the border, in informing the development of innovative community-based programmes. In particular the project will target males under 40 years old in order to raise awareness, self-esteem and confidence in relation to mental health issues, to reduce levels of stigma and to promote social inclusion.
Objectives	<ul style="list-style-type: none"> • To bring about changes in levels of knowledge and awareness of depression and suicide, particularly among those at highest risk. • To address community attitudes and stigma concerning mental health issues. • To improve ability to recognise the warning signs of suicide and to increase skill and confidence in seeking advice and taking appropriate action. • To identify and bolster informal sources of social support within the family and community setting in addressing these issues. • To co-ordinate inter-agency working, involving both the statutory and voluntary agencies, in addressing the needs of rural communities.
Outcomes: Planned	<ul style="list-style-type: none"> • Identified sources of information and support on mental health matters. • Communication systems developed for those at risk in the community. • Increased community skill and confidence in taking appropriate action on mental health issues. • Good practice in programme development and implementation identified and disseminated for use by practitioners, policy makers and researchers.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Stress Management Workshops
Contact name	Alison White
Address	Causeway Health and Social Services Trust Health Promotion Department Mountfern House 10 Rugby Avenue Coleraine BT52 1JL
Telephone number	01265 321373
Brief description of project	Workshops on stress management for staff of Trust.
Objectives	To enable participants to identify and deal with their own stress responses.
Outcomes: Actual	Workshops held at request.
Evaluation	Report available.

Project name	Cruse Bereavement Care
Contact name	Patrick Shannon
Address	Piney Ridge Knockbracken Healthcare Park Saintfield Road Belfast BT8 8BH
Telephone number	01232 792419
Brief description of project	Cruse provides support, through one to one counselling, supportive listening and group work, to people bereaved by the death of someone close to them. Information and education on bereavement issues are also provided.
Objectives	To promote the wellbeing of bereaved people and to enable anyone bereaved by death to understand their grief and cope with their loss.
Outcomes: Planned	That bereaved people emerge from their grief with a renewed sense of purpose for their life.
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Stress Management Conference
Contact name	Suzanne Wylie
Address	Belfast City Council Health & Environmental Services Department The Cecil Ward Building 4-10 Linenhall Street Belfast BT2 8BP
Telephone number	01232 270304
Brief description of project	District councils in Northern Ireland are working with the Health and Safety Agency to host a seminar in the workplace during the first week in May 1999. This seminar is aimed at managers in all business sectors.
Objectives	<ul style="list-style-type: none">• To raise awareness of business managers as to the prevalence of stress, the effect it can have on business and the need to proactively manage stress in the workplace.• To assist managers to identify the most appropriate methods for assessing the levels of stress in their business and mechanisms which can be used to prevent it becoming a problem.
Outcomes: Planned	That managers actually return to their workplace and identify whether stress is a problem and if so, use some of the techniques put forward to alleviate the problem.
Evaluation	A report will be available after the conference.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Activate Health Programme
Contact name	Mimi McAlinden Health Promotion Co-ordinator
Address	South & East Belfast Health and Social Services Trust (SEBT) Belvoir Clinic 6a Drumart Square Belfast BT8 4EY
Telephone number	01232 491555
Brief description of project	Activate is a province-wide health programme organised by the Health Promotion Agency for Northern Ireland which aims to help people learn more about their health and what affects it. The programme involves participants in activity sessions, develops personal/individual relaxation skills and provides information about health issues. SEBT has introduced the Activate Health Programme into the Day Care and Residential Care Services. A number of the hospital staff are trained Activate tutors and use the programme in acute and longstay wards of the hospital. The programme is also developed by the community nursing staff in a range of settings and key community people run Activate sessions with local community groups.
Objectives	<ul style="list-style-type: none"> • To involve people in regular activity. • To introduce individuals to basic relaxation skills. • To provide participants with the opportunity of discussing relevant health issues.
Outcomes:	<ul style="list-style-type: none"> • Staff, clients and community members skilled in identifying personal tensions and ways of reducing these. • A greater number of people aware of the personal lifestyle factors which affect their health and wellbeing. • A greater number of people working with others to increase regular activity and reduce the stresses and tensions in daily living.
Evaluation	Each Activate programme is evaluated by the Tutor and the results used to adapt future programmes.

For further details about the Activate Health Programme contact Frank Kelly at the Health Promotion Agency for Northern Ireland. Tel: 01232 311611.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Homeless Support Team
Contact name	Tracey McVeigh
Address	Project Office 5-11 Verner Street Belfast BT7 2AA
Telephone number	01232 238091
Brief description of project	<p>People who have mental health problems are a growing part of Belfast's homeless population. Recent research 'Don't look away' indicated that around 40% of single homeless people in Belfast have a mental health problem. The Homeless Support Team was set up to work alongside statutory and voluntary agencies to reach homeless people with mental health problems.</p> <p>It is an inter-agency project set up by North and West Health and Social Services Trust, South and East Belfast Health and Social Services Trust, The NI Housing Executive, Eastern Health and Social Services Board, Extern and the Council for the Homeless. It consists of a manager, project co-ordinator, two social workers and a street support worker.</p>
Objectives	<p>The Homeless Support Team aims to increase the quality and accessibility of services to homeless people with mental health problems through networking, advice, training and advocacy. Its objectives are:</p> <ul style="list-style-type: none"> • to provide professional intervention to engage homeless people who have little or no contact with mental health services. • to provide social care and support to homeless people with mental health problems. • to extend channels of communication between statutory and voluntary agencies. • to improve access to services • to provide appropriate training and education. • to identify and evaluate gaps in services.
Outcomes:	To increase the quality and accessibility of services to homeless people with mental health problems.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Stress Management
Contact name	Majella Magee
Address	Westcare Business Services Health Promotion Department Lilac Villa 12c Gransha Park Clooney Road Londonderry BT47 6WJ
Telephone number	01504 865127
Brief description of project	A training course targeting health care professionals, workplace employees, school teachers. Aims to increase understanding of stress and stress management.
Objectives	To identify the causes, recognise the signs and symptoms of stress and to outline effective stress management strategies.
Outcomes: Planned	Target group should be enabled to develop effective coping strategies for dealing with stress.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Health Promoting Youth Club Award
Contact name	Sheila Gamble
Address	Westcare Business Services Health Promotion Department Lilac Villa 12c Gransha Park Clooney Road Londonderry BT47 6WJ
Telephone number	01504 865127
Brief description of project	<p>The project was designed by the Youth Department of Western Education and Library Board and the Health Promotion Department, Westcare Business Services. The Award has the following core elements and themes:</p> <ul style="list-style-type: none"> • the policies which the youth club has, ie units' aims and objectives, away from home and safe, smoking/alcohol, illegal drugs, child protection etc. • the themes or programmes should include personal relationships, misuse of drugs, nutrition, sport and recreation, widening horizons, community relations and environmental awareness. Each youth unit submits a portfolio of evidence relating to the core themes and elements. Awards are presented at gold, silver and bronze levels. The Awards run from January 1999 - December 1999.
Objectives	<p>These include:</p> <ul style="list-style-type: none"> • ensuring an increase in health and wellbeing of all people who are involved in the youth units. • providing opportunities for young people to explore attitudes, clarify values and develop interpersonal skills, which will enable them to make informed and responsible decisions about their health and wellbeing.
Outcomes:	<ul style="list-style-type: none"> • To reach as many youth units as possible in the Western Health and Social Services Board area.
Planned	
Actual	<ul style="list-style-type: none"> • This will be assessed by the success of the 1999 award and the level of interest shown by the youth units.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Health Promoting School Award
Contact name	Sheila Gamble
Address	Westcare Business Services Health Promotion Department Lilac Villa 12c Gransha Park Clooney Road Londonderry BT47 6WJ
Telephone number	01504 865127
Brief description of project	<p>The award is run on a yearly basis. It is a unique alliance between the education, health and environmental health Boards/Departments in the Western Health and Social Services Board (WHSSB) area. Schools submit an application form which highlights their health promotion activities under the categories – care of and safety in the environment, nutrition and dental health, hygiene, safety, substances use, exercise, personal safety, relationships, sex education, the curriculum and co-ordination.</p> <p>Within these categories stress, bullying, self-esteem and the ethos of the whole school are assessed throughout each school in various ways. School policies and programmes are also assessed.</p>
Objectives	<p>To challenge schools to consider whether they are health promoting establishments and to persuade them to take such steps as will move them along the continuum towards becoming health promoting schools.</p> <p>Schools who are successful receive either a gold, silver or bronze award.</p>
Outcomes:	<ul style="list-style-type: none"> • To reach as many primary, post-primary, special and nursery schools in the WHSSB area as possible.
Planned	
Actual	<ul style="list-style-type: none"> • In 1998, 31 schools became health promoting schools and the 1999 award, to date has attracted 73 interested schools.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Assertiveness Skills
Contact name	Majella Magee
Address	Westcare Business Services Health Promotion Department Lilac Villa 12c Gransha Park Clooney Road Londonderry BT47 6WJ
Telephone number	01504 865127
Brief description of project	Short training course targeting youth leaders. Aims to equip youth leaders with the knowledge and skills to train young people in acquiring assertiveness skills.
Objectives	<ul style="list-style-type: none"> • To identify assertiveness and passive behaviour. • To practice with skills of assertiveness. • To review the usefulness of exercise when working with young people.
Outcomes: Actual	Youth leaders are enabled to help young people acquire assertiveness skills.

Project name	Peer Education Programme On Stress Management Training
Contact name	Majella Magee
Address	Westcare Business Services Health Promotion Department Lilac Villa 12c Gransha Park Clooney Road Londonderry BT47 6WJ
Telephone number	01504 865127
Brief description of project	Training course targeting peer educators. Aims to equip participants with the necessary knowledge and skills to help young people manage their stress.
Objectives	<ul style="list-style-type: none"> • Identify causes of stress. • Recognise signs and symptoms of stress • Outline effective stress management strategies. • Explore ways in which young people can be helped to manage their stress.
Outcomes: Actual	Peer educators work with groups of young people helping them to cope with stress in their lives.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Mental Health Promotion Forum
Contact name	Majella Magee
Address	Westcare Business Services Health Promotion Department Lilac Villa 12c Gransha Park Clooney Road Londonderry BT47 6WJ
Telephone number	01504 865127
Brief description of project	The aim of the project is to establish active mental health promotion groups or forums in Health and Social Services Trusts in the area.
Objectives	<ul style="list-style-type: none"> • The groups work to actively promote mental health within this setting. This includes identifying and assessing need and planning activities and projects to meet the needs. • The groups are multi-disciplinary and address the needs of staff, patients, clients and visitors to Trust premises. • The group also participates in mental health promotion campaigns, eg World Mental Health Day, National No Depression Day.
Outcomes: Actual	Mental health promotion is given a high profile within Trusts and actively involves a number of disciplines thus ensuring effective action at a range of levels.

Project name	Stress Management – Training for Trainers
Contact name	Majella Magee
Address	Westcare Business Services Health Promotion Department Lilac Villa 12c Gransha Park Clooney Road Londonderry BT47 6WJ
Telephone number	01504 865127
Brief description of project	Training course aiming to provide participants with the necessary knowledge and skills to run stress management workshops for staff in Trusts.
Objectives	<ul style="list-style-type: none"> • To define stress. • To identify stress. • To recognise the signs and symptoms of stress. • To outline effective coping strategies. • To plan future workshops.
Outcomes: Actual	Trust staff acquire the necessary skills to enable them to continue to contribute to reducing staff stress within the working setting.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Community Development, Youth, Interpreting Projects of the Chinese Welfare Association
Contact name	Deborah Gadd
Address	Chinese Welfare Association (N.I.) General Office 133-135 University Street Belfast BT7 1HQ
Telephone number	01232 288277
Brief description of project	Various projects including interpreting/advocacy, as well as clubs eg Hoi Sum Elderly group, Oi Kwan, Oi Wah Women's Groups (in partnership with Barnardos) Oi Yin Women's Group, Youth Clubs, After School Clubs, Preschool Group, Badminton Club, Victim Support.
Objectives	<ul style="list-style-type: none"> • To improve equality of access to health and social services and equity of treatment. • To enable people to understand and make informed choices regarding health care of selves and family. • To reduce isolation, loneliness and social exclusion especially among women and elderly. • To improve the quality of life of members of the community to reduce alienation of young people from their own cultural heritage.
Outcomes: Planned	<ul style="list-style-type: none"> • Numbers using services. • Qualitative data from users.
Evaluation	Annual report available.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Northlands
Contact name	Sheila Jordan
Address	Northlands 13 Pump Street Londonderry BT48 6JA
Telephone number	01504 263356
Brief description of project	<p>Northlands is a voluntary organisation offering treatment, training, education and research into alcohol and other drug related problems. Substance misuse, whether alcohol or other drugs, has clear mental health implications. Northlands work embraces:</p> <ul style="list-style-type: none"> • Community Development to promote and support local responses and initiatives to improve quality of life (healthy structures). • Education, prevention and training in personal development and life skills; drugs awareness programmes that address issues of self esteem, personal confidence and resilience (social and inner world). • Treatment, both residential and out patient (inner world).
Objectives	Through a range of interventions and responses, Northlands aims to reduce and relieve the suffering caused by alcohol and other drug related problems together with addictive behaviours within the community.
Evaluation	Report available.

Project name	Ongoing Housing Work
Contact name	John Corkey
Address	Belfast City Council City Hall Linenhall Street Belfast BT1 5GS
Telephone number	01232 270305
Brief description of project	District Councils can serve notices on the owners of dwellings where conditions are compromising the health and safety of occupants. It is the privately rented sector which suffers proportionately more disrepair and unfitness than other sectors. District Councils can also act to protect people's rights in relation to harassment and unlawful eviction. The physical as well as the mental health benefits associated with the protection of people's health, safety and welfare in their homes is self-evident, however many people are unaware of these local government services.
Objectives	As above.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Community Crime Watch
Contact name	Vivienne Ryan
Address	Belfast City Council City Hall Linenhall Street Belfast BT1 5GS
Telephone number	01232 320202
Brief description of project	An inter agency approach to dealing with neighbourhood disputes and antisocial behaviour. This involves nuisance from pets, vandalism and litter, harassment, parking, drinking and drug taking in NIHE properties. The agencies involved include the RUC, NIHE, NITAB and the local authority and it identifies who has authority to take disciplinary action and what action (whether formal or informal) can be taken to improve the problems identified.
Objectives	<ul style="list-style-type: none"> • To reduce crime rates. • To improve the behaviour of NIHE tenants • To promote greater co-operation and co-ordination between the various agencies.
Outcomes: Planned	This is a pilot scheme in Belfast and it is too early to determine its success however, it is running in Ballymena and Castlereagh Borough Councils and appears to be successful.

Project name	Sustainable NI Programme
Contact name	Heather Moorhead/Peter Day
Address	77 Botanic Avenue Belfast BT7 1JL
Telephone number	01232 327705
Brief description of project	The project seeks to work with communities to develop Local Agenda 21 Action Plans. Plans look at social, economic and environmental issues and encourage wide participation in creating a better future. We work with communities right across the province, both in urban and rural settings. We use innovative community development techniques eg Planning for real, participatory appraisal, visioning to develop our work in an effective manner.
Objectives	Community participation, better social/economic/environment.
Outcomes: Planned	Empowerment. Increased participation. Common goals (reconciliation within/between communities). Better partnerships between sectors.
Actual	New programmes. Added value. New enthusiasm.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Managing Stress Seminar
Contact name	Rosemary Fletcher, Health Promotion Co-ordinator
Address	Ulster Community & Hospitals Trust Health and Care Centre 39 Regent Street Newtownards BT23 4AD
Telephone number	01247 816666 ext: 2006
Brief description of project	This seminar was developed and implemented in response to a request by an outside agency for training for their staff. It has subsequently been used in a variety of situations, both within and without the Trust. The seminar allows time to look at: – stress – what it is, what causes it, how it affects us; – coping strategies; – practical relaxation. It is flexible, responds to need, and can be adapted as regards content and length of time.
Objectives	<ul style="list-style-type: none"> • To increase understanding of stress. • To encourage participants to think about their own stress levels and identify the main cause of stress. • To present a variety of copying strategies and encourage participants to put these into practice to meet their own needs.
Outcomes: Planned	To reduce stress levels. To enhance coping abilities.

Project name	Stress Management Sessions with Inpatients on Dermatology Ward, Belfast City Hospital
Contact name	Hazel Brown, Health Promotion Co-ordinator
Address	Belfast City Hospital Trust 91 Lisburn Road Belfast BT9 7AB
Telephone number	01232 263627
Brief description of project	Stress Management and relaxation sessions were held in the dermatology ward. These looked at: – how stress effects the body; – causes of stress; – ways of relieving stress; – introduction to relaxation techniques.
Objectives	<ul style="list-style-type: none"> – To raise awareness of the link between stress and skin conditions. – To enable patients to recognise stress within themselves. – To make patients aware of ways of reducing stress.
Outcomes: Actual	Patients found sessions extremely helpful in coping with stress.
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	ITO Mental Health Initiatives – Mental Health in the Workplace: Training & Awareness project
Contact name	Jim O’Boyle – Director of Rehabilitation
Address	ITO The Tughan Centre Mourne House Knockbracken Healthcare Park Saintfield Road Belfast BT8 8BH
Telephone number	01232 403726
Brief description of project	<p>This strand of ITO’s work aims to raise awareness of issues relating to mental health in the workplace. The initiative is a development from the organisation’s work during 1995-1997 when ITO, through the ACCEPT project, worked in conjunction with the Northern Ireland Association for Mental Health and organised a series of ‘Good Mental Health Makes Good Business Sense’ seminars, aimed at the top 600 employers in Northern Ireland. This awareness ‘roadshow’ was accompanied by an Employer’s handbook. ITO has since developed a comprehensive range of training courses, which seeks to highlight all aspects of mental health. The training sessions (which last from 1 hour to 3 days) include:</p> <ul style="list-style-type: none"> • General introductions to mental health issues/aspects. • Specialist training on treatments and structures of care for people with mental ill health, including courses on assessment, interviewing and communication techniques. • Drugs Awareness (includes legal and illegal drug use.) • Guidance on the abuse of vulnerable adults. • Specialist sessions on epilepsy and guidelines in dealing with vulnerable adults. • Stress Management Sessions (lasting approximately 2 hours). • A 2 day training course on mental health in the workplace and a 3 hour course on ‘Negotiating For Success’ (includes assertiveness and communication skills).
Objectives	The training and awareness initiative, in addition to enabling participants to build up skills relevant to working with people recovering from mental ill-health, also seeks to ensure that participants are more aware of their own mental health.
Outcomes:	<p>Planned</p> <p>Several of the courses are at present being piloted within various settings and it is anticipated that all the above training courses will be available by June 1999.</p> <p>Actual</p> <p>Organisations which ITO has already provided mental health awareness training to include MUST Hostel for Homeless People in South Tyrone, Social Security staff, FOLD Housing Association, Disability Action, Carlisle House Addiction Unit, Thompson House Hostel.</p> <p>Monitoring of participants on the courses and feedback from service users indicate that the courses presently being developed meet the needs of a range of voluntary, public and private sector organisations.</p>

* Note: From mid-1999 ITO will be known as ACTION MENTAL HEALTH.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Craigavon Health Information Project
Contact name	Lynne Smart
Address	Quaker Buildings High Street Lurgan BT66 8BB
Telephone number	01762 316032
Brief description of project	<p>The Craigavon Health Information Project (CHIP) is a community development and health project based on a partnership of local statutory, community and voluntary agencies concerned with health. The project has been in operation since July 1997 and is piloting a bottom up approach to health promotion which is dependent on the active participation of individuals and communities.</p> <p>The aims of CHIP include identifying barriers to accessing health information and supporting communities to overcome these barriers through: providing accessible health information and recruiting, training and supporting community health volunteers to act as an access point for health information and to support communities to undertake health activity. The project is concerned with enabling communities and volunteers to set the agenda for action with local issues driving the project. Projects undertaken to date include: supporting the development of an M.E. (Post Viral Fatigue) Group; facilitating an Ethnic Minorities Access to Health group; producing an access guide to Craigavon for wheelchair users; information and support for carers.</p>
Objectives	<ul style="list-style-type: none"> • To identify what barriers people face in accessing health information in Craigavon. • To establish and develop a community based health information service tailored to the needs of people unable to access established sources of health information. • To recruit, train and support community health volunteers to be a resource for health information. • To support the empowerment and participation of individuals and communities to take greater control of their own health. • To promote and be a resource for community health activity and self help groups. • To establish links with existing community networks to promote the link between community development and health in the Craigavon area.
Outcomes: Planned	The project is currently working towards achieving the above objectives evidenced by projects outlined above. At present the project has 11 community health volunteers who have undertaken a range of activities.
Evaluation	An annual report and evaluation of the project are available.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Managing Pressure – Eliminating Stress
Contact name	Sandra Gordon, Health Promotion Co-ordinator
Address	Musgrave Park Hospital Stockman's Lane Belfast BT9 7JB
Telephone number	01232 669501 Ext 2712
Brief description of project	This is a course designed by the Trust to help management and staff improve their understanding of stress in the workplace. It suggests ways of recognising when pressure is beginning to impact on work performance and how to manage this.
Objectives	The course objectives include: <ul style="list-style-type: none"> • How to recognise stress in yourself and others. • Assessing personal stressors. • Developing coping strategies. • Relaxation techniques.
Outcomes: Planned	The course has benefited participants in identifying personal stressors and stress-related behaviour in others. Exploring a variety of relaxation techniques and alternative therapies have also been identified as a positive result from the course.
Evaluation	Report available.

Project name	Managing a Healthy Lifestyle
Contact name	Sandra Gordon, Health Promotion Co-ordinator
Address	Musgrave Park Hospital Stockman's Lane Belfast BT9 7JB
Telephone number	01232 669501 ext 2712
Brief description of project	This is a course designed for Healthcare and PAM (professions allied to medicine) Assistants. A large section of the course looks at stress as an individual issue but other related areas – smoking, alcohol consumption and exercise/physical activity are also addressed.
Objectives	For the issue of stress the course objectives include: <ul style="list-style-type: none"> • Recognising how stress effects our body – long and short term. • Recognising how work performance can be affected by stress. • Identifying ways to reduce stress. • Autogenic relaxation – participation in a relaxation technique.
Outcomes: Planned	Participants have expressed increased knowledge and enjoyment of relaxation session through end of course evaluation returns.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Age Concern Northern Ireland
Contact name	Chris Common, Director
Address	Age Concern Northern Ireland 3 Lower Crescent Belfast BT7 1NR
Telephone number	01232 245729
Brief description of project	Age Concern is a national voluntary organisation committed, through campaigning and service provision to promoting the rights of older people as active, involved and equal citizens. Much of the work relates to combating social isolation.
Objectives	<ul style="list-style-type: none"> • To develop and promote the campaigning role of Age Concern Northern Ireland. • To develop a full range of quality services to meet the needs of older people. • To work co-operatively with Age Concern groups and other organisations to meet the needs of older people.
Outcomes: Planned	<p><u>Direct Social Care</u> – including residential, day care, social centres, advice and information, home care.</p> <p><u>Community Development</u> – including 29 Age Concern local groups Ageing Well Schemes, capacity building projects, ‘user’ panels, Better Government for older people initiatives.</p> <p><u>Campaigning</u> – including social policy analysis, International Year of Older Persons, 1999, Millennium Debate of the Age, etc.</p>
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Stress Management Workshops for Health Service Employees
Contact name	Jillian Cosgrove – Health Promotion Manager
Address	Armagh and Dungannon HSS Trust Health Promotion Department St Luke's Hospital Ward 4 Loughgall Road Armagh BT61 7NQ0
Telephone number	01861 522381 ext: 2368
Brief description of project	The project was based on a series of workshops delivered over a six month period for Trust staff. The programme offered opportunities to define stress, recognise the signs and symptoms, identify the causes of workplace stress and strategies to minimise the stress. Feedback was given to senior managers with recommendations for changes to reduce organisational stress.
Objectives	<ul style="list-style-type: none">• To offer employees the opportunity to consider stress/mental health issues in the workplace.• To identify key areas of organisational stress.• To explore strategies for reducing stress in the workplace.• To implement agreed action plans to improve aspects of organisational functioning which cause avoidable and destructive stress.• To enable key members of the Trust to take responsibility for turning these action plans into practice.
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Youth Matters
Contact name	Dr P McAlinden – Consultant Paediatrician
Address	Tara Hill Hospital Tara Hill Armagh BT61 9DR
Telephone number	01861 414529
Brief description of project	‘Youth Matters’ is a general counselling service for teenagers to provide confidential support and advice on a range of issues including relationships, family problems, sexual health, drug and alcohol issues. The clinic is open one afternoon per week and has a regular, increasing attendance rate, mostly girls age 15+.
Objectives	‘Youth Matters’ aims to be young people centred and seeks to ensure young people have the means of expressing their feelings, thoughts and needs relating to health issues and concerns in a safe and confidential environment. It recognises that this responsibility not only involves education but also listening to young people and what they have to say and contribute.
Outcomes:	
Planned	To provide a confidential service for young people in Armagh on issues pertinent to teenagers. The service is available to individuals, couples or small groups.
Actual	Mostly female attendance.
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Mental Health in the Workplace Policy
Contact name	Jillian Cosgrove – Health Promotion Manager
Address	Armagh and Dungannon HSS Trust Health Promotion Department St Luke's Hospital Ward 4 Loughgall Road Armagh BT61 7NQ
Telephone number	01861 522381 ext: 2368
Brief description of project	To provide a Workplace Mental Health Policy aimed at offering social support, strong social networks, a sense of integration and social inclusion at work. The Policy is employee focused and includes problem solving training, interventions to reduce stress, staff support mechanisms, all based on a holistic concept of health.
Objectives	<ul style="list-style-type: none"> • To offer support to employees of Armagh and Dungannon Trust in relation to mental health. • To increase productivity through reducing organisational causes of stress. • To promote awareness of mental health issues among all staff. • To reduce rates of absenteeism from stress-related illness. • To provide interventions to minimise stress.
Outcomes: Planned	It is anticipated that the Policy will provide an environment conducive to positive mental health and will support staff through accessible and responsive targeted programmes.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	The Barnabas Trust
Contact name	Robin Toner
Address	The Barnabas Trust 14 Darling Street Enniskillen BT74 7EW
Telephone number	01365 325318
Brief description of project	Church based charitable trust which aims to improve the well being of the community in the Enniskillen district through the delivery of a range of community care services.
Objectives	<ul style="list-style-type: none"> • Improve self-esteem and skill of long-term unemployed by providing them with work and training. • Provide visitation service for clients at home and respite services for carers. • Provide catering and club programme for elderly. • Provide pre-school play group for special needs children. • Provide support group for mothers and single parents. • Provide drop-in centre and activity programme for teenagers.
Outcomes:	
Planned	More than 600 employed since 1990 – 50% placed in jobs. Approximately 100 calls per week. 230 meals served per week. 4 sessions per week.
Actual	More than 12 per week. Up to 80 attending per week.
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Youth and Parent Counselling Service
Contact name	Sr Kathleen Savage
Address	25A Ardoyne Road Belfast BT14 7HX
Telephone number	01232 391630
Brief description of project	<p>Our project aims to help parents, adults, adolescents and children work through issues in their lives to enable them to make better choices and live less stressful lives. We operate the following programmes to enable them to do this:</p> <ul style="list-style-type: none"> • One to one counselling – over 25 year olds. • Child therapy project – 5-11 year olds. • Youth empowerment project – 11-25 year olds. • Women's and young people's support groups.
Objectives	The overall aim and objectives are to provide a safe and confidential environment where people of all ages can find the peace, trust and support to look at issues in their lives with a view to making better and more informed choices about their lifestyle.
Outcomes: Planned	That people will change their behaviour, be that addictive or otherwise but with the safety of the environment offered they can deal with such stressful issues as abuse, alcohol abuse, domestic violence, or whatever form of problem with which they are struggling to heal the root cause.
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Mental Well Being At Work in The Northern Ireland Civil Service (NICS)
Contact name	Victor Douglas – Healthy Workplace Adviser
Address	NICS Occupational Health Service Lincoln Building 27-45 Great Victoria Street Belfast BT2 7AD
Telephone number	01232 251715
Brief description of project	A 5 point action plan to promote mental wellbeing and prevent mental ill health among employees of the Northern Ireland Civil Service (NICS): <ul style="list-style-type: none"> • Mental well-being at work policy. • Guidance on policy implementation. • Survey of mental health status and coping skills. • Seminars and other information exchange. • Interactive stress training package for groups of employees.
Objectives	<ul style="list-style-type: none"> • To promote greater awareness and understanding of mental health in general and stress at work in particular. • To enable the NICS to comply with statutory health and safety and other employment obligations. • To protect the mental wellbeing of NICS employees at work. • To enhance organisational performance.
Outcomes:	
Planned	<ul style="list-style-type: none"> • Survey • Training package • Further seminars
Actual	<ul style="list-style-type: none"> • Policy and guidance • Seminar • Research

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Organisation of the Unemployed : Northern Ireland (OUNI)
Contact name	Lynn Carvill – Co-ordinator
Address	14 May Street Belfast BT1 4NR
Telephone number	01232 310862
Brief description of project	<p>OUNI is a federation of unemployed centres, community groups and community organisations generally concerned with unemployment in Northern Ireland. Concerned with the effect of unemployment and poverty on families and local communities, it provides a networking facility in relation to unemployment and believes unemployed people themselves are in the best position to voice their needs and advocate solutions to policy makers.</p> <p>OUNI is the Northern division of the Irish National Organisation of the unemployed and a member of the European and Northern Ireland Anti-Poverty Network and European Network of the Unemployed.</p>
Objectives	<ul style="list-style-type: none">• Full employment society where there is paid employment for everyone who wants it.• Promote policies that protect existing jobs, create more jobs and share work more equally.• Defend people's rights to have a decent standard of living, education and training options while unemployed.• Monitor government schemes/programmes for unemployed and lobby for quality initiatives.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Mental Health Promotion – Projects in Northern Ireland
Contact name	Mary Gibson, Occupational Health Sister
Address	Occupational Health Department 2nd Floor, McKinney House Musgrave Park Hospital Stockman's Lane Belfast BT9 7JB
Telephone number	01232 669501 ext: 3308/3307
Brief description of project	<p>Presently within Green Park Health Care Trust there exists an Occupational Health Service which aims to promote and maintain the physical, mental and social wellbeing of staff.</p> <p>Our primary role is that of an adviser within the Trust for both management and employees.</p> <p>We are a confidential service.</p> <p>Occupational Health staff work closely with all managers within the Trust and are in liaison especially with the Health & Safety manager, Health Promotion Co-ordinator and Infection Control Adviser.</p> <p>One of our many services provided is that of counselling for employees. This is offered by medical and nursing staff and is available on a self request basis for staff experiencing difficulties.</p> <p>The Trust also provides a service where staff can access an external counselling Network.</p> <p>We have a staff information leaflet highlighting the above mentioned service and this leaflet is distributed to all new employees and existing staff.</p> <p>As part of the Green Park Healthcare Trusts induction programme, Occupational Health staff have the opportunity to give a short presentation to all new staff. The presentation informs staff of all services provided.</p>
Objectives	As above.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	ITO Mental Health Initiatives - Publications
Contact name	Carol Magill, Information Officer/Volunteer Co-ordinator
Address	Mourne House Knockbracken Healthcare Park Saintfield Road Belfast BT8 8BH
Telephone number	01232 403726
Brief description of project	<p>ITO Information Service aims to increase awareness of mental health issues. The unit organises an ongoing media relations campaign and has a calendar of events aimed at promoting mental health awareness. In addition, the unit has in stock a variety of publications including: Mental health information leaflets - these full colour booklets which are written in jargon-free, accessible language are free (with a small charge for post and packaging for requests for more than 10 copies). Information in the leaflets includes definitions of mental ill-health, causes, treatments and self-help tips. Leaflet titles include:</p> <ul style="list-style-type: none"> • Coping with Anxiety and Phobias. • Coping with Manic Depression. • Coping with Schizophrenia • Coping with Stress • Mental illness - What does it mean? • Mental illness - A guide to mental health in the workplace. • Mental illness - Sometimes I think I can't go on . . . (focuses on suicide and depression) • Mental illness - Can children and young people have mental health problems? • Women and Mental Health. A new leaflet due to be published in Spring 1999. <p>The information Unit also publishes several booklets profiling the work of ACCEPT Northern Ireland, ACCEPT Europe and ITO, as well as publications on new approaches to the care of people with mental ill health including Social Firms in Northern Ireland, Getting Started. This handbook profiles a new approach for people with disabilities.</p>
Objectives	<ul style="list-style-type: none"> • To promote/support practical strategies for positive mental health and to change public perceptions surrounding mental ill-health and challenge stereotypes associated with this illness. Includes: community development approaches, media relations, regional/local events. • To provide information on mental issues, including services and new approaches to the care of people with mental ill-health. • To facilitate the involvement of relevant groups, eg users, young people, in any public awareness campaign and so ensure that it is relevant and effective.
Outcomes:	<p>Over 10,000 copies of the organisation's mental health publications have been circulated in the past 24 months to a range of organisations including Health Promotion Units in Board Areas, Voluntary Organisations, Schools, Colleges, and individual callers. The leaflets are also circulated through ITO's training units and ACCEPT centres based throughout Northern Ireland.</p> <p>Monitoring of information requests and feedback from service users indicates that the publications circulated by the information unit are relevant and popular with a range of audiences. The Coping with Stress leaflet has proven particularly popular.</p>

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Habitat for Humanity Belfast
Contact name	Peter Farquharson, Executive Director
Address	Farset Enterprise Park 638 Springfield Road Belfast BT12 7DY
Telephone number	01232 243686
Brief description of project	The programme works through partnerships between Habitat for Humanity Belfast (HFHB), prospective homeowners and volunteers building or renovating simple, good quality houses together. Partnership begins with selected families who are required to give a minimum of 400 hours labour. HFHB provides mortgages to these low-income families, taking no profit and no interest, payable over 15-20 years. Mortgage payments are reinvested to fund future construction. HFHB is a volunteer driven organisation dependent on the time and energy of volunteers on construction site, in the office and on committees.
Objectives	Critical to the organisation's success is HFHB's intentional community relations perspective. This involves the ability to bring together people from all socio-economic backgrounds and across the sectarian divide to help people in need. HFHB seeks to be a catalyst for reconciliation of our divided city by breaking down the walls of separation, restoring and revitalising communities most at risk.
Outcomes:	
Planned	Integrated project - our vision for the new millennium is to work towards an integrated project which will provide opportunities for Catholics and Protestants to live together in a safe community, free from fear and intimidation.
Actual	First completed project - 11 houses in Iris Close, west Belfast. Second project - a 16 house development, to be completed in two phases of eight houses each by April 2000 in the Glencairn Estate.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Ageing Well Network, Age Concern Northern Ireland
Contact name	Pauline McGeown
Address	3 Lower Crescent Belfast BT2 1NR
Telephone number	01232 245729
Brief description of project	The Ageing Well Network is a network of groups throughout Northern Ireland, who are involved in or wish to run health promotion programmes involving the over 50s. Groups affiliated to the Ageing Well Network can be voluntary or community groups or statutory agencies working in partnership with groups that involve older people in the planning, organisation and delivery of health projects. Ageing Well is organised in Northern Ireland by Age Concern in association with the Health Promotion Agency for Northern Ireland.
Objectives	The Ageing Well Network is seeking to expand health related programmes through a holistic approach where physical, social and emotional wellbeing are taken into account. Programmes are based on identified local needs. The Ageing Well Network will provide networkings and information exchange opportunities along with training. Groups work towards a quality standards system.
Outcomes: Planned	Network opportunities. Information days. Provision of training.
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	The Rainbow Project
Contact name	Frank Toner, Counsellor
Address	The Rainbow Project 33 Church Lane Belfast BT1 4QN
Telephone number	01232 319030
Brief description of project	The Rainbow Project is a gay men's health project. It promotes the health of gay men in Northern Ireland through the provision of counselling (one-to-one, couple and group therapies), information provision, education, advocacy, research, prevention initiatives (HIV prevention) and social activism.
Objectives	To improve the emotional, physical and mental health of gay men living in, working in or visiting Northern Ireland.
Outcomes:	
Planned	Research on the expressed counselling needs of gay men in Northern Ireland, and the establishment and implementation of a gay male specific co-cultural counselling service.
Actual	The co-cultural gay male specific counselling service is in operation. The research is still ongoing, although should be complete in the near future.

Mental Health Promotion in Northern Ireland

CATEGORY 1

Project name	Well Person Clinic
Contact name	Sister Patricia Kelly – Occupational Health Service
Address	South and East Belfast Trust Knockbracken Clinic Knockbracken Healthcare Park Saintfield Road Belfast BT8 8BH
Telephone number	01232 565467
Brief description of project	Every employee within South and East Health and Social Services Trust should be given the opportunity to have a health check every two year. The health check comprises of a 30 minute interview with an Occupational Health Adviser. Selected health related measurements are recorded, eg height, weight, body mass index, blood pressure, cholesterol and urinalysis. Lifestyle issues are addressed and appropriate advice given to enable the employee to make lifestyle changes.
Objectives	<ul style="list-style-type: none"> • To actively encourage employees to take responsibility for their own health (including health, safety and wellbeing at work). • To identify and advise on potential/actual health concerns which may impact on the employees future health and wellbeing; and subsequently affect their job performance. • To promote cultural change by encouraging positive lifestyle attitudes and behaviours amongst health care workers. • To meet employee needs within existing resources. • To support and complement other health promotion initiatives in the Trust and wider community.
Outcomes:	<p>Planned</p> <p>Short-term:</p> <ul style="list-style-type: none"> • Planned questionnaire to participants one year after their attendance to assess any reductions in individual risk factors (1 March 1999). • Monitoring sickness absence and retirements on grounds of ill health. • Developing auditing tools to assist in identifying specific health needs of employers and targeting resources appropriately. <p>Long-term:</p> <ul style="list-style-type: none"> • Comparing financial costs of screening programme against benefits to the organisation. • Clinical studies to measure any direct effects on employees health. <p>Actual</p> <p>This clinic was introduced for staff initially as a pilot project for one year from March 1998. continuation depended on the following factors:</p> <ul style="list-style-type: none"> • Demand for health checks. • Evaluation of sessions by participants. • Managers willingness to release staff to attend. • Initial results have suggested we will continue to provide the service and in doing so we are developing outcomes as stated above.

Mental Health Promotion in Northern Ireland

CATEGORY 2

Programmes related to infants and pre-school children within high-risk groups (eg parenting projects, home start, support, play groups).

Project name	Newtownards Road Women's Group Limited
Contact name	Christine Hagen
Address	The Carew Centre Tamar Street Belfast BT4 1HS
Telephone number	01232 451730
Brief description of project	<p>A family centre owned and managed by local women providing:</p> <ul style="list-style-type: none"> • Pre-school play group for 24 children, after school club for 48 children, Summer, Halloween and Easter schemes for 48 children. • Adult education classes for one evening per week. • Gingerbread support group one evening per month. • Women's group one morning per week. • Informal advice and support service. • Training for local women as identified. <p>This was previously a Save The Children Fund family centre and has been community owned and managed for 5 years. Since taking ownership the group has developed and improved the services for local people as they have the ability to make changes where needed as identified by users of the services.</p>
Objectives	<ul style="list-style-type: none"> • Well resourced building. • Expanded childcare services. • Expanded training and education. • Advice and referral services • Drop in for women. • Self help and support. • Increased staff. • Developed volunteer charter. • Wider community involvement. • Explored community partnerships. • Explored community business options. <p>These are explained in more detail in our development plan.</p>
Outcomes: Planned	<p>Purpose built facility with the above objectives. That the above facility will support the development of the local people on a user led basis. That the local people will support the development of the facility by being involved in deciding on the services.</p>
Evaluation	Report available. Economic appraisal is complete.

Mental Health Promotion in Northern Ireland

CATEGORY 2

Project name	DELTA Community Parenting Project
Contact name	Liz Jones
Address	DELTA Office Newry Teachers' Centre Downshire Road Newry BT34 1EE
Telephone number	01693 62357
Brief description of project	DELTA is a parenting programme aimed at maximising the child's potential, through play and stimulation using a holistic educare approach. The triangular shape of the Greek letter 'O' symbolises the partnership between parent, child and promoter with children from birth up to and including 5 year olds.
Objectives	The overall objectives are to promote partnership with parents on a multi-disciplinary basis, to enhance parent/carer – child relationships, to promote holistic development of young children, raise parent's self-esteem and to create confident parents and confident children.
Outcomes: Actual	Increasing numbers of parents in attendance – very positive feedback. Work on-going on research based report.
Evaluation	Report available from the end of January 1999.

Mental Health Promotion in Northern Ireland

CATEGORY 2

Project name	Home-Start UK
Contact name	Valerie McGuffin
Address	133 Bloomfield Avenue Belfast BT5 5AB
Telephone number	01232 460772
Brief description of project	Home-Start is a voluntary organisation committed to promoting the welfare of families with at least one child under 5 years of age. Volunteers offer regular support, friendship and practical help to families under stress, in their own homes, helping to prevent family crisis and breakdown. There are 18 bases in Northern Ireland. Details available from Home Start UK at the number given.
Objectives	<ul style="list-style-type: none"> • To offer support, friendship and practical assistance. • To visit families in their own homes, respecting their dignity and identity, reassuring parents that difficulties in bringing up children are not unusual. • Encourage parents strengths and emotional wellbeing for the ultimate benefit of their own children. • Encourage families to widen their network of relationships.
Outcomes:	<ul style="list-style-type: none"> • The increased capacity of a parent to meet the demands of caring for children under 5; by developing supportive relationships and decreasing isolation – social, emotional and geographic
Planned	
Actual	<ul style="list-style-type: none"> • Increased confidence of parent, development of social networks and opportunities for socialisation of young children.
Evaluation	Report available. Currently research is also being completed to identify a menu of outcome measures for family support.

Mental Health Promotion in Northern Ireland

CATEGORY 2

Project name	NIMBA Family Support Services
Contact name	Anne Townsend – Family Support Co-ordinator
Address	Northern Ireland Mother & Baby Appeal 15 Stranmillis Road Belfast BT9 5AF
Telephone number	01232 667166
Brief description of project	NIMBA family support services provide a range of facilities for families who have experienced the birth of an ill, premature or disabled baby. A network of support groups are in operation throughout Northern Ireland which provide activities for parents covering relevant issues of childcare, parenting skills and social activities. The groups provide an opportunity for parents to meet others who have experienced a similar situation. NIMBA also offer a wide range of practical services for parents and a developing educational programme for health professionals.
Objectives	<ul style="list-style-type: none"> • To develop and expand the network of support groups. • Implement a Volunteer Training Programme. • Ongoing development and expansion of practical services to families. • Further development of educational programmes for health professionals.
Outcomes:	<ul style="list-style-type: none"> • Provision of support group network and practical services to all areas of Northern Ireland.
Planned	
Actual	<ul style="list-style-type: none"> • Conference for Health Professionals planned for 1999. • Commencement of Volunteer Training Programme 1999.

Mental Health Promotion in Northern Ireland

CATEGORY 2

Project name	Child Development Programme – Urban Integrated Model
Contact name	Rosemary Hughes, Child Protection Nurse Specialist
Address	Community Health Office 3 The Square Moy, Co. Tyrone BT71 7SG
Telephone number	01868 789649
Brief description of project	<p>The effects that poverty and social disadvantage have on every part of life including the motivation to be a 'good enough parent' are well recognised. Bringing up children is one of the most difficult and stressful aspects of the life cycle. The early years of parenting are vital and there is much evidence pointing to positive outcomes achieved by home visiting programmes.</p> <p>A health visiting approach using the Child Development Programme is offered to first time parents and parents experiencing parenting difficulties in Armagh & Dungannon HSS Trust.</p> <p>This approach is designed to maximise preventative opportunities. It builds on the skills Health Visitors already have, to deliver a service which pro-actively encourages and supports parents.</p>
Objectives	<p>The aim of the Child Development Programme is to offer a programme of home based support to parents which is based on the principles of empowerment.</p> <p>To provide user-friendly literature which aims to help, support and empower parents in the antenatal stage and early years of parenting.</p> <p>It uses a model of parent capacitation which encourages parents to build their own skills and take responsibility for the health and well being of their children.</p>
Outcomes:	<p>Planned</p> <p>A structured programme which ensures that those parents least able to seek services for themselves or their children are offered information and support.</p> <p>Targets health visiting resources on those families in greatest need, whilst retaining the universal nature of the health visiting service. Extra support is provided to those most in need, without any element of stigmatising or labelling.</p> <p>Actual</p> <p>Health Visitors have noticed:</p> <ul style="list-style-type: none"> • Mothers developing better attachment with babies. • Positive behavioural changes in parental skills. • Lower levels of postnatal depression.
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 2

Project name	Positive Parenting
Contact name	Kate Savage, Sharon Erskine, Health Visitors
Address	Bangor Health Centre Newtownards Road Bangor BT20 4LD
Telephone number	01247 468521
Brief description of project	<p>Five consecutive sessions in an informal group setting. The group caters for any parent or carer who would like to improve their relationship with their child or children aged 0-7 years.</p> <p>The package was developed by the Family Caring Trust in conjunction with Barnardos.</p> <p>Two Health Visitors facilitate the group. They do not teach but support the group to develop their parenting skills.</p> <p>Issues looked at include; listening to your child, play, behaviour, discipline and quality time.</p>
Objectives	<ul style="list-style-type: none"> • To highlight the positive effects of giving attention to good behaviour. • To highlight the positive effects of listening and playing appropriately with their child. • To help parents focus on the positive aspects of their parenting and encourage realistic expectations of themselves.
Outcomes:	<ul style="list-style-type: none"> • To improve the relationship between parent and child. • To reduce behaviour problems in young children.
Planned	
Actual	<ul style="list-style-type: none"> • To alleviate and encourage positive measures to reduce stress in families caused by poor parenting.
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 3

Programmes related to school aged children or young people within high-risk groups (eg young carers, counselling, support, special needs).

Project name	(BDA) Children's Holidays, Youth Holidays and Family Weekends
Contact name	Anne Walker
Address	John Gibson House 257 Lisburn Road Belfast BT9 7EN
Telephone number	01232 666646
Brief description of project	<p>The main aim is to educate people or their families about diabetes hopefully preventing mental health problems. People are often depressed about their condition. The British Diabetic Association (BDA) strongly advocates for psychologists to be attached to diabetes clinics and are campaigning for this.</p> <p>The BDA provides holidays for 8-14 year olds and those aged 14+, as well as annual Family Weekends for the parents and siblings of newly or recently diagnosed children with diabetes.</p>
Objectives	To enable, educate and empower children who have diabetes to take responsibility for their condition and to understand that good care equates to good outcomes. The Family Weekend provides a supportive network with lectures on practicalities of diabetes and the emotional difficulties faced by parents. Parents are encouraged to talk to each other.
Outcomes: Actual	<ul style="list-style-type: none"> • Excellent feedback on all events. • A video of children/youth holidays is now available.

Mental Health Promotion in Northern Ireland

CATEGORY 3

Project name	Opportunity Youth
Contact name	Anne-Marie McClure
Address	6-10a Winetavern Street Belfast BT1 1JQ
Telephone number	01232 435810
Brief description of project	<ul style="list-style-type: none"> • Health and Social Awareness Programme coupled with personal development offered to young people throughout Belfast primarily through the training organisation network. • Programme delivered through peer education supported by professionals from the health and social care and youth and community backgrounds. • Centre based activities. • Community relations programme. • Individual advice, guidance and advocacy available.
Objectives	<ul style="list-style-type: none"> • To offer a client-led service, which is flexible and accessible, which empowers young people to make informed choices about all aspects of their health and well being. • To provide young people with the opportunity to develop skills that can assist them reaching their fullest potential.
Outcomes: Actual	<ul style="list-style-type: none"> • Increased self-esteem. • Significant reduction in teenage pregnancy. • Increased use of services. • Increased use, particularly by females, of contraception. • Additional change in all areas of risk taking. • Notable behaviour change in all areas of risk- taking behaviour with the exception of smoking. • Increased employment potential.
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 3

Project name	Talking Teenagers
Contact name	Alison White
Address	Causeway Health and Social Services Trust Health Promotion Department Mountfern House 10 Rugby Avenue Coleraine BT52 1JL
Telephone number	01265 321373
Brief description of project	Working party undertaking focus groups interviews with young people and parents in order to write a resource pack.
Objectives	<ul style="list-style-type: none"> • To produce a resource pack for health visitors, social workers and community workers to use with parents. • To enable parents to have the information, confidence and skills to raise difficult issues ie smoking, alcohol, drugs, sex.
Outcomes: Planned	<ul style="list-style-type: none"> • Resource Pack.

Project name	Banbridge and Craigavon Crossroads Young Carers Project
Contact name	Alison Hill
Address	Unit 8, CIDO Carn Industrial Estate Portadown BT63 5RH
Telephone number	01762 337074
Brief description of project	To offer support to identified children and young people aged 3-23 years who provide within their home a substantial amount of care to a disabled or ill relative. This support can come in many forms; i.e. we can provide someone to talk to, help with transport, information on certain illness, someone to go into the young carer's home for a few hours each week to help look after the cared for person, allowing the young person a well-earned break, and we provide monthly outings and activities whereby the young carers get the opportunity to relax and enjoy themselves and meet up with people in similar circumstances.
Objective	To identify and offer support to young carers within our area.

Mental Health Promotion in Northern Ireland

CATEGORY 3

Project name	Inner East Youth Project
Contact name	Raymond Lavery
Address	The Base 143 Albertbridge Road Belfast BT5 4PS
Telephone number	01232 460707
Brief description of project	The Inner East Youth Project is an inter-agency partnership, which works with young people aged between 14-25 in the Inner East Belfast Area who do not attend traditional Youth Provision. The projects themes are: <ul style="list-style-type: none"> • Information. • Participation. • Representation. • Achievement. • Empowerment.
Objectives	<ul style="list-style-type: none"> • To enhance the capacity of young people in the development of a strategic response to their felt and expressed needs. • Seeking to effect greater recognition at a policy level of the potential contribution of young people with regard to community, economic and social development. • Developing youth structures and support systems through which young people can advocate on their own behalf.
Outcomes:	<ul style="list-style-type: none"> • Personal development. • Creation of opportunities.
Planned	
Actual	<ul style="list-style-type: none"> • Self Awareness. • Confidence. • Develop opportunities.
Evaluation	External evaluation to take place.

Mental Health Promotion in Northern Ireland

CATEGORY 3

Project name	Family Support Counselling Service
Contact name	Paddy Moore (Clinical Nurse Specialist)
Address	Community Health Office Apartment 6 3 The Square Moy BT71 7SG
Telephone number	01868 789679
Brief description of project	This is an early intervention service to prevent emotional and behavioural problems in children becoming consolidated. It is not an alternative to child or adolescent psychiatry, but provides an early or intermediate service for families who can benefit at this early stage. Self-referrals and referrals from social workers, teaching staff, health professionals, family doctors are accepted. The work takes the form of psychological intervention in the family. This involves helping parents change their reaction to the child and the child's reaction to the parents. Parents are taught to use a positive approach and given confidence and support to carry this out.
Objectives	<ul style="list-style-type: none"> • Parents are encouraged to take control and gradually give that control back to an increasingly capable adolescent. Often dynamics within a family require changing. • Such strategies are powerful and require much preparation and planning. • Parents are thus helped to recognise their role in resolving family problems.
Outcomes:	<ul style="list-style-type: none"> • It is hoped that much time, effort and expense can be saved and healthy autonomy of the family unit be restored quickly, where problems exist.
Planned	
Actual	<ul style="list-style-type: none"> • Evaluation of the work shows slightly over 80% improvement in problems of this early stage. Fuller research may follow.
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 3

Project name	Watershed Project
Contact name	Yvonne Adair
Address	51 Camden Street Belfast BT9
Telephone number	01232 313162
Brief description of project	<ul style="list-style-type: none"> • Multi-faceted, community based programme for young high risk offenders: • Cognitive base. • Parent support (in partnership with Barnardos). • Creative learning (self-expression). • Adventure learning (self-development). • Restorative justice.
Objectives	<ul style="list-style-type: none"> • To decrease level of risk and increase level of possibility. • To help prevent re-offending. • To give parental support.
Outcomes:	<ul style="list-style-type: none"> • Young people complete the programme, cease or decrease offending behaviour and realise their full potential.
Planned	
Actual	<ul style="list-style-type: none"> • Approximately 60% complete programme. • Approximately 20% cease offending.
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 3

Project name	Wise Up Project
Contact name	Grace Ballentine
Address	Contact Youth 2a Ribble Street Belfast BT4 1HW
Telephone number	01232 738650
Brief description of project	The Wise Up Project was initiated by Contact Youth, to recruit and train volunteers to deliver its information services in the form of helpline and shopfront. The project provides access to counselling and crisis intervention. It is also a peer led project, ages 16-25 years.
Objectives	<ul style="list-style-type: none"> • To provide an environment where young people can explore their role, attitudes and ideas. • To provide support and training in a secure, non-judgmental and supportive manner. • Identify and demonstrate innovative practice which will encourage young people to participate in decisions, develop their potential and initiative, develop recording, monitoring and evaluation skills.
Outcomes: Planned	<ul style="list-style-type: none"> • To train volunteers to a level where they can effectively deliver the services of the project.
Actual	<ul style="list-style-type: none"> • This being the end of the second year we have successfully trained volunteers to deal with crisis situations and to deliver the services outlined above competently.

Project name	BBC Children In Need
Contact name	Sheila Jane Malley
Address	BBC Children in Need Appeal Broadcasting House Ormeau Avenue Belfast BT9 8HQ
Telephone number	01232 338221
Brief description of project	Children in Need is an independent charitable funder. It aims to help disadvantaged children and young people of 18 years and under. One of the definitions of disadvantage we apply relates to the mental and emotional wellbeing of children.
Objectives	To make a positive difference to the lives of disadvantaged children throughout the UK.
Outcomes: Actual	Fund a number of projects in the broad mental health field.

Mental Health Promotion in Northern Ireland

CATEGORY 3

Project name	Cara-Friend Youth Project
Contact name	Sinead Collins – Youth Project Officer
Address	Cara-Friend @ P.O. Box 44 Belfast BT1 2FT
Telephone number	01232 278636
Brief description of project	Cara-Friend provides information, befriending and counselling services for people for whom sexual orientation is of concern either personally or as a family member, friend or professional. Our records indicate that about 40% of our clients are under 26. Cara-Friend has recently received a grant from Comic Relief to fund a 3 year Youth Project. The project hopes to increase awareness in young people, in those working with young people and in the wider community of the personal issues related to sexual orientation, and of the role Cara-Friend can play in helping to resolve such issues. The Youth Project Officer is responsible for the day to day running of the Project.
Objectives	The Project will: <ul style="list-style-type: none"> • Develop and deliver outreach information aimed at young people, appropriate Young Peoples' groups, professionals and volunteers working with young people, and the wider community. • Develop and establish a Youth group which will provide a safe social milieu, a medium for personal development, and the basis for establishing an information and befriending helpline service specifically run by, and for young people.
Outcomes: Planned	<ul style="list-style-type: none"> • Increase awareness of all issues relating to sexual orientation. • Development of Youth Group and Youth Line. • Improve personal development of gay, lesbian and bisexual young people.

Mental Health Promotion in Northern Ireland

CATEGORY 3

Project name	Option C Counselling in Schools (Contact Youth)
Contact name	Lorraine Thompson
Address	Contact Youth 2A Ribble Street Belfast BT4 IHW
Telephone number	01232 457848
Brief description of project	<p>Option C is a Contact Youth pilot project funded by DENI through EU SS PPR. The service has been implemented in 5 schools in the Belfast area.</p> <p>Option C has 2 qualified counsellors and a Liaison Officer. The Liaison Officer works directly with the school staff and promotes the service with the young people. Counsellors have limited contact with the school staff (this protects the relationship between the young person and counsellor, as the counsellor is not seen as part of the school system). Each school has 4 counselling sessions per week. Young people can either be referred through a member of staff or self-refer during break/lunch times. The counselling is generalistic. Feedback given to the school is of a statistical nature. Counsellors receive regular managerial and clinical supervision.</p>
Objectives	<ul style="list-style-type: none"> • To provide young people in schools with access to independent confidential counselling in times of crisis, decision making and significant change. • To address negative attitudes and beliefs towards psychological and social health issues among the younger population. • To empower and support young people in taking responsibility for positive action in their lives. • To develop good practice guidelines for school counsellors. • To promote the value of independent counselling in schools.
Outcomes: Planned	<ul style="list-style-type: none"> • A change in attitude of the pupils in selected schools towards counselling. The counselling process becoming an accepted course of action at times of stress or change. More young people availing of one to one counselling sessions. A heightening of awareness amongst staff and parents in selected schools of the value of youth counselling.
Evaluation	Report available after March 1999.

Mental Health Promotion in Northern Ireland

CATEGORY 3

Project name	Self Development programme
Contact name	Majella McCarron
Address	Belfast Education and Library Board The Education Welfare Offices 1 Whiterock Grove Belfast BT12 7FW
Telephone number	01232 234096
Brief description of project	A 10 week programme - once weekly. Joint project between Education Welfare Service, Belfast Education and Library Board, Upper Springfield Development Trust and a local high school. Aimed at Year 11 class who are poor attenders.
Objectives	<ul style="list-style-type: none"> • Raising of self-esteem. • Raising of self-awareness. • Awareness of life-skills, problem solving etc.

Project name	First Key Northern Ireland
Contact name	Vivian McConvey
Address	301 Ormeau Road Belfast BT7 3GG
Telephone number	01232 493280
Brief description of project	The organisation began 20 months ago as a branch of First Key in England. We are now constituting as an independent organisation in Northern Ireland. Our primary aim is to improve the life chances of young people leaving care in Northern Ireland. We undertake a range of activities towards this end including: training (not available in the mainstream), facilitating interagency forum, research publications, conferences, advice and social policy work. We also undertake a number of specific projects eg creating agreed standards for young people leaving care, an action research project with the Voice of Young People In Care into the educational disadvantage experienced by care leavers.
Objectives	First Key exists significantly improve the life chances of young people leaving care, a central principle underpinning this aim is the active meaningful participation of young people in our work.

Mental Health Promotion in Northern Ireland

CATEGORY 3

Project name	The Gap Project
Contact name	Maeve McDonald
Address	Southern Division Education Welfare Office Bungalow 2 Rosstulla School 2-6 Jordanstown Road Newtownabbey BT37 0QF
Telephone number	01232 364034
Brief description of project	<p>The Gap Project is a new initiative, piloted in the Newtownabbey/Carrickfergus area, which caters to a total of 10 young people, in their final year of compulsory schooling, whose education has completely broken down as a result of attendance and behavioural problems including truancy, expulsion and school phobia. The primary aim is to provide inclusive development and learning opportunities and reduce disaffection.</p> <p>Weekly structure:</p> <ul style="list-style-type: none"> • 2 days further education college – basic curricular areas and vocational training. • 2 days extended work experience undertaken in local community. • 1 day personal and social development – training in social and life skills, structured leisure activities. <p>The course commenced September 1998 and is due to run until the end of the academic year – June 1999.</p>
Objectives	<ul style="list-style-type: none"> • To help young people achieve broadly based and relevant training which leads to an approved qualification. • To enable young people to increase self-esteem and develop their full potential. • To support young people in exploring career options and help equip them for the realities of a working environment. • To achieve progression into further education, training and/or employment.
Outcomes: Planned	Increased self-esteem, reduced level of disaffection, reduction in criminal behaviour, positive destination after leaving the project, increased qualifications and improved employability, improved quality of life.
Evaluation	Interim report only.

Mental Health Promotion in Northern Ireland

CATEGORY 3

Project name	Support Project in School
Contact name	Philomena McCormick
Address	Portrush Youth Centre Dunluce Avenue Portrush BT56 8DW
Telephone number	01265 823030
Brief description of project	<u>Pilot Project</u> A counselling service for individual pupils (on a referral basis) who are experiencing difficulties. The service is about 'being with' the young person, a way of helping that may complement the vital teaching role (and Personal & Social Education) within the school. It encourages clients to take responsibility for themselves.
Objectives	<ul style="list-style-type: none">• To negotiate and put in place suitable procedures for initiating a Pilot Counselling Service.• By meeting referred clients on a contractual basis.• By evaluating individual cases.
Outcomes:	In process of being measured.

Mental Health Promotion in Northern Ireland

CATEGORY 3

Project name	Development of Tier 1 and Tier 2 Child and Adolescent Mental Health Services within Primary Care
Contact name	Noreen Magorrian Primary Care Manager for Health Visiting Services
Address	Community Services 20-22 Park Avenue Newcastle BT33 0DY
Telephone number	01396 723346
Brief description of project	Down Lisburn Trust currently provides Tier 3 services through a Child and Adolescent Mental Health Multi-Disciplinary Team. The trust is developing the capacity of Health Visitors and school nurses in primary care (Tier 1), supplied by other primary care professional staff with specialist qualifications (Tier 2). They respond to the needs of those children identified by General Practitioners and other primary care professionals for early assessment and intervention. Those professionals working at Tier 1 and Tier 2 by providing a more rapid and responsive service also generate a greater efficiency by filtering referrals from primary care to the Tier 3 Specialist Child and Adolescent Mental Health Team.
Objectives	<ul style="list-style-type: none"> • To establish early assessment intervention within Primary Care Teams. • To enable practice based Health Visitors to take referrals from General Practitioners, primary care professionals and Child Care Social Workers and Disability Teams. • To develop a primary care based Tier 2 service appropriate to the needs of local children. • To build professional support and rapid access to Tier 3 professionals for those delivery services at Tier 1 and Tier 2 • To improve links between primary and specialist tiers of the services.
Outcomes: Planned	<ul style="list-style-type: none"> • The planned outcome is to provide an early rapid response. • To support and empower the parents and children manifesting the early symptoms of behavioural problems or minor psychiatric disturbance.

Mental Health Promotion in Northern Ireland

CATEGORY 3

Project name	Contact Youth
Contact name	Phyllis Twamley
Address	2a Ribble Street Belfast BT4 1HW
Telephone number	01232 457848
Brief description of project	Contact Youth provides one-to-one youth counselling to young people under the age of 26 years. This is a free and confidential service provided by a team of fully trained and supervised counsellors working on a voluntary basis. The counselling is general in nature, covering all relevant youth issues (ie eating disorders, bullying, substance misuse, relationships, family conflict etc). Youthline is our telephone helpline service which extends counselling throughout the province.
Objectives	<p>Contact Youth's primary objective is to provide young people under the age of 26 with access, when needed, to quality one-to-one counselling.</p> <p>Contact Youth also aims to actively promote high standards and models of good practice through co-operation with other organisations engaged in the provision of youth counselling services.</p> <p>In addition, Contact Youth counselling services are available through its projects; the Wise Up project (crisis intervention) and the Option C project (counselling in schools).</p>
Outcomes:	
Planned	Review of Youthline will incorporate young people being trained to service the helpline.
Actual	Each year approximately 400 young people receive one-to-one counselling through Contact Youth. Almost 1,500 calls were made to Youthline in 1998.

Mental Health Promotion in Northern Ireland

CATEGORY 3

Project name	Primary Care Project
Contact name	Dr E McEwan
Address	Young People's Centre 10 College Gardens Belfast BT9 6BQ
Telephone number	01232 661825
Brief description of project	A post was piloted and established with funding from the Eastern Health and Social Services Board. It was recognised that the information available in many referral letters, particularly from GPs was sparse and often did not represent the true picture. Also, because the service has to operate a waiting list, there was a need for someone to keep in touch with clients, to be aware of reasons for change in priority etc. This post was established to assist referrals in the 13-18 year old age group.
Objectives	To employ a mental health trained nurse who investigates the majority of referrals in depth, within two weeks of receipt. To carry out liaison with the referrer and client/family, during the period spent on the waiting list. To be responsible for a risk analysis and for prioritising referrals according to need and urgency.
Outcomes: Actual	<ul style="list-style-type: none"> • Successful consumer research project carried out after six months came back with largely positive comments. • Detailed report was presented to the Eastern Health and Social Services Board, resulting in permanent funding being granted. • Recognised that further such posts would be valuable within Child and Adolescent Psychiatry. • A report is being presented to DHSS on 12 January 1999 in which this recommendation is made by the NI Section of the Royal College of Psychiatrists.

Mental Health Promotion in Northern Ireland

CATEGORY 3

Project name	Parenting for Change
Contact name	Joyce Thompson
Address	Erne Hospital Enniskillen Co. Fermanagh BT74 6AY
Telephone number	01365 324711 ext 3471
Brief description of project	A seven week parenting programme (with two optional sessions) aimed at parents of 10-13 year old children. The course includes: <ul style="list-style-type: none"> - communications skills; - sexuality/body changes; - drug awareness; - bullying; - body image/self-esteem; - problem solving.
Objectives	To support parents of children aged 10-13 to develop: <ul style="list-style-type: none"> • skills to build the self-esteem of their children; • knowledge of the issues and difficulties which their children will face in the next 2 or 3 years as they move on to second level education; • confidence in their own parenting and coping skills.
Outcomes: Actual	<ul style="list-style-type: none"> • Increased knowledge shown. • Parents discussed and explained use of skills and how they worked.

Mental Health Promotion in Northern Ireland

CATEGORY 3

Project name	V.O.T.E (Vocational Opportunities in Training for Employment)
Contact name	Linda Leonard
Address	c/o I.T.O. Mourne House Knockbracken Health Care Park Saintfield Road Belfast BT8 8BH
Telephone number	01232 403726
Brief description of project	<p>VOTE. is a pilot project funded for two years through the E.U. Youthstart initiative with local funding provided by the Ulster Community and Hospitals Trust and Craigavon and Banbridge Community HSS Trust. There are four projects working within the VOTE Consortium which comprises the two Trusts, Industrial Therapy Organisation (ITO), Mencap and The Northern Ireland Council on Disability together with local project partners. The target group is people aged 16-25 years.</p> <p>The project aims to provide training and develop employment opportunities for young people with a disability and/or complex needs.</p> <ul style="list-style-type: none"> • The personal development aspect of the training programme includes sessions on relationships, life and social skills and disability awareness. It aims to develop the confidence of the trainees to maximise their participation in society. • The work preparation training aims to develop skills and create an awareness of the world of work. • Trainees are encouraged to become involved in peer support programmes and the decision making process relating to their training and development.
Objectives	<ul style="list-style-type: none"> • To conduct research into the transition process from school to employment, further education or training. • To promote disability awareness in the workplace and local community • To develop an employer's pack on disability awareness. • To facilitate access to mainstream education and training. • To provide prevocational training, job sampling and personal development so that the young person can make an informed choice.
Outcomes:	
Planned	1998: 55 trainees; 7 employment; 39 further training; 45 qualifications.
Actual (6 months)	1998: 85 trainees; 8 in work/placement; 61 in further training; 6 qualifications obtained.

Mental Health Promotion in Northern Ireland

CATEGORY 3

Project name	Mental Health Awareness for Teachers
Contact name	Dr N. McCullough
Address	St. Luke's Hospital Loughgall Road Armagh BT61 7NQ
Telephone number	01861 522381 ext 2320 or 2113
Brief description of project	Pilot Project. Sessions for teaching staff looking specifically at a range of mental health issues common within school populations. <ul style="list-style-type: none">• Suicide – the facts and prevention.• Sexual abuse.• Eating disorders.• Developing self-esteem.
Objectives	<ul style="list-style-type: none">• To provide teaching staff with an awareness of the main presenting disorders.• To develop an awareness for the need for sensitive and meaningful interventions.
Outcomes: Planned	Satisfaction questionnaire

Mental Health Promotion in Northern Ireland

CATEGORY 3

Project name	West Belfast Task Group on Suicide and Young People
Contact name	Jackie McIlroy
Address	North and West Belfast Health and Social Services Trust Crumlin Road Health Centre 130-132 Crumlin Road Belfast BT14 6AR
Telephone number	01232 741188
Brief description of project	The Task Group is a multi-agency group comprising of community representatives, voluntary organisations, health and social care professionals and school and youth services. The aim of the project is to develop a locally sensitive strategy for suicide prevention.
Objectives	To collect all available information from both official and community sources to provide a fuller picture of the extent of the problem. To develop a programme to increase awareness of the mental health needs of young people and co-ordinate its delivery through schools, youth projects, youth training schemes, parents' groups and appropriate community organisations. To explore opportunities to extend 'safe place' facilities where young people may meet and access guidance and support. To promote the availability and access to support services for young people and their families, including support for the bereaved. To identify resources required to ensure the effectiveness of this strategy.
Outcomes: Planned	To develop a strategy which will include health promotion, support and training for adults who work with young people who may be at risk and recommendations for service provision based on local research.

Mental Health Promotion in Northern Ireland

CATEGORY 3

Project name	The Behaviour Support Team
Contact name	John McCullough, Assistant Senior Education Officer
Address	Belfast Education and Library Board 40 Academy Street Belfast BT1 2NQ
Telephone number	01232 564000
Brief description of project	The Behaviour Support Team was established during the autumn of 1998. It is a six member team representing three Belfast Education and Library Board services, Curriculum Advice and Support, Education Welfare and Educational Psychology. The broad aim of the team is to promote and sustain good behaviour in schools and many of its objectives and strategies involve the promotion of mental health among pupils, teachers and parents.
Objectives	The objectives of the Behaviour Support Team are to provide advice and support to teachers and schools to improve their ability to: <ul style="list-style-type: none"> • identify and help children with emotional and behavioural problems; • promote self-esteem; • apply anti-bullying policies and strategies; • diffuse confrontations and teach anger management skills; • promote parenting skills; • manage personal stress; • respond appropriately to traumatic events; • provide a nurturing environment; • collaborate effectively with agencies outside education.
Outcomes: Actual	The team began work in schools in December 1998 and requests for support began to grow rapidly in number during January 1999.
Evaluation	Report available.

CATEGORY 4

**Programmes related to adult or older people within high risk groups,
(eg post-natal, social support, helplines, centres).**

Project name	Self-Harm Project
Contact name	Ms Patricia McMurray – Social Worker
Address	Ulster Hospital Upper Newtownards Road Dundonald Belfast BT16 1RH
Telephone number	01232 484511
Brief description of project	To research the incidence of self-harm patients from South and East Belfast presenting at two acute hospitals, the available support to these patients and the outcome of support. The project was identified as a suicide prevention strategy in partnership with the Samaritans.
Objectives	<ul style="list-style-type: none"> • To have accurate information on the volume of deliberate self-harm patients within the South and East Belfast Trust resident population. • To chart patients pathways through the two main acute hospitals serving the South and East Belfast area. • To identify the level of unmet need. • To obtain user feedback on hospital social work intervention. • To carry out a literature search in order to design a system whereby the patient is offered support from the point of the crisis through the continuum of care from the hospital and into the community. • To prevent suicide among people with a history of self-harm.
Outcomes:	<ul style="list-style-type: none"> • The nature of the deliberate self-harm problem is quantified and qualified. • A persons-centred approach to the care and support of patients who self-harm is established. • The social work role within the multi-disciplinary team is defined. • A pilot dedicated social work service for deliberate self-harm patients is established within The Ulster Hospital to provide support at the time of crisis in hospital and follow up in the community. • To design a system of auditing and quality assuring the pilot scheme.
Evaluation	Expected by end of March 1999.

Mental Health Promotion in Northern Ireland

CATEGORY 4

Project name	The Nexus Institute
Contact name	Rosemary Drainey
Address	6 Portmore Street Portadown BT62 3NG
Telephone number	01762 337719
Brief description Oof project	The Nexus Institute exists to respond to the needs of adults and young people who have experienced sexual abuse or who are at risk from sexual abuse. We provide counselling (professional, individual and group), high quality training to key individuals, groups and agencies, and increase awareness of the issue of sexual abuse and its consequences among adults and young adult survivors, through research, public awareness and information services.
Objectives	<ul style="list-style-type: none"> • To provide an effective, professional counselling service in the interests of those in need. • To provide high quality training to key individuals, groups and agencies throughout Northern Ireland. • To increase awareness of the issue of sexual abuse and its consequences among adult survivors through research, public awareness and informative services.
Outcome:	
Planned	
a) Counselling	<ul style="list-style-type: none"> • Developing relationships which proceed over time and have as their purpose the psychological change for the better of the clients. • Development of youth work. • Development of group work. • Development of outreach work.
b) Education	<ul style="list-style-type: none"> • To continue to educate and raise awareness. • Develop training programmes. • Develop disability strand.

Mental Health Promotion in Northern Ireland

CATEGORY 4

Project name	Ageing Well
Contact name	Janice Armstrong
Address	Causeway Health and social Services Trust Health Promotion Department Mountfern House 10 Rugby Avenue Coleraine BT52 1JL
Telephone number	01265 321373
Brief description of project	Community development project aimed at empowering older people to take control of their own health and wellbeing.
Objective	To promote health and wellbeing among older people in the Kilrea area.
Outcomes:	Active group addressing social wellbeing, nutrition, stress management etc.
Evaluation	Report available.

Project name	Handbook For Older People
Contact name	Janice Armstrong
Address	Causeway Health and Social Services Trust Health Promotion Department Mountfern House 10 Rugby Avenue Coleraine BT52 1JL
Telephone number	01265 321373
Brief description of project	Resource book for older people and those groups working with them, providing information covering health and wellbeing.
Objectives	<ul style="list-style-type: none"> • To raise awareness of health issues. • To provide information.
Outcomes:	Production and distribution of resource pack.

Mental Health Promotion in Northern Ireland

CATEGORY 4

Project name	OASIS (openness, autonomy, sovereignty, in control, support)
Contact name	Anita Villa – Development Worker (Creggan Health Information Programme)
Address	The Old Library Central Drive Creggan Estate Londonderry BT48 9QG
Telephone number	01504 373870
Brief description of project	This group was established to meet a need identified in the Creggan 0-5 Health Survey. There was an extremely high incidence of unmet mental health needs in the local community. This involved mainly women and in particular mothers in the postnatal period. There was a high incidence of anxiety and depression. The group meets weekly on Thursday mornings, with childcare facilities offered.
Objectives	<ul style="list-style-type: none"> • Focusing on and drawing on the strengths of individual members of the group in supporting each other. • Promoting positive attitudes toward mental health through the group experience. • The group experience in itself should be anti-oppressive in its context, group relationships and behaviours. As a group we strive to be inclusive and constantly seek new approaches and strategies in the promotion of self-worth and positive self-image. • As a community-based group, the non-stigmatising nature of the group is more accessible to local people.
Outcomes:	<p>Current evaluation indicates that the members of the group:</p> <ul style="list-style-type: none"> • felt markedly improved in their attitudes both about themselves and their situations, • found the shared group experience to be a safe and therapeutic forum where 'you felt listened to', • used alternative approaches, ie aromatherapy, dramatherapy which provided an opportunity whereby the person could freely express themselves.
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 4

Project name	Women's Health Initiative
Contact name	Deirdre Blakely
Address	Aras an Phobail Tullymacrieve Road Mullaghbawn Newry BT35 9RD
Telephone number	01693 889073
Brief description of project	The overall aim of our project is to improve the mental and physical well being of women in South Armagh, through identification of unmet need. Our aim is to promote, develop and support community-based health initiatives/projects with the realisation that targeting women will positively impact on the community at large. The project has a special focus on mental and emotional wellbeing caused by isolation, illness or lack of opportunity in a rural area.
Objectives	<ul style="list-style-type: none"> • Raise awareness and address the health and support needs of women throughout South Armagh using a community development and group work approach. • Facilitate a health needs audit, focusing on mental and physical wellbeing. • Support formation of self-help groups. • Recruit and train a pool of volunteer/lay health workers. • Provide a community health information service to meet needs of women facing difficulties accessing traditional sources of health information. • Provide outreach facilities.
Outcomes: Actual	<ul style="list-style-type: none"> • Providing health information service • Providing childcare, meals, travel and information on specific topics. • Outreach facilities, (eg Gingerbread, Victim Support, Women's Aid). • Steering group of local women to represent their areas.

Mental Health Promotion in Northern Ireland

CATEGORY 4

Project name	Walk Tall Project and Adult Support Group at Family Caring Centre
Contact name	Anne McCallan, Centre Co-ordinator
Address	The Family Caring Centre 2-5 Somerset Park Rathenraw Antrim BT41 2TE
Telephone number	01849 464619
Brief description of project	<p>Walk Tall Project Group for people who have experienced depression or a mental health problem. Support is offered through meeting and encouraging others in a similar situation and being given opportunities, supported by key workers, to undertake some training and confidence building. It is hoped support may be needed as a temporary measure and that women referred to this group will soon get their lives back on track.</p> <p>Adult Support Group Women referred to this group have all had a diagnosis of a level of mental illness. The activities of this group are offered as a stabilising influence so an optimum level of coping can be achieved. Close contact is maintained with referral agency and a varied programme exists for these women who attend the centre three times per week.</p>
Objectives	As above.

Project name	Listening Ear Service
Contact name	Kathy McMonies
Address	Fermanagh Women's Network 52 Forthill Street Enniskillen BT74 6AJ
Telephone number	01365 328998
Brief description of project	A telephone listening service for women in Fermanagh. A group of volunteer women have been trained in active listening skills. They staff the helpline, in pairs, for one session per fortnight.
Objectives	<ul style="list-style-type: none"> • To give women an opportunity to talk in a confidential non-judgemental situation about any issues or problems that are worrying them. • To encourage women to take control of their lives and feel empowered to make decisions regarding their own health. • To provide women with women-centred facts and information on health issues.
Outcomes:	
Planned	To run the service as a pilot for 12 months from June 1998 to June 1999.
Actual	This is currently happening – the service is funded by Northern Ireland Voluntary Trust and the Sperrin Lakeland Health and Social Care Trust.

Mental Health Promotion in Northern Ireland

CATEGORY 4

Project name	NEWPIN
Contact name	Stella Cunningham
Address	Pinebank Community Resource Centre 1 Tullygally Road Brownlow Craigavon BT65 5BY
Telephone number	01762 324843
Brief description of project	NEWPIN helps parents under stress break the cyclical effect of destructive family behaviour. Through a network of local centres and programmes expectant mothers, parents and carers and children are offered a unique opportunity to achieve positive changes in their lives and relationships. NEWPIN in Northern Ireland currently has two centres (one at Rathcoole and one in the Foyle area). It is planned to develop this network. Programmes on offer include personal development, family play and parenting as well as group work, counselling and peer support networks.
Objectives	The purpose of NEWPIN is to empower families under stress by offering parents and children opportunities to achieve positive and lasting change in their lives and relationships based on the key values of: <ul style="list-style-type: none"> • support; • equality; • empathy; • respect.
Outcomes:	<ul style="list-style-type: none"> • Rural model of NEWPIN. • Fathers' Programme. • Northern Ireland network of centres involving 4-6 centres. • Training for NEWPIN members and professionals.
Actual	<ul style="list-style-type: none"> • Rathcoole NEWPIN working with 25 families. • Foyle NEWPIN working with 25 families. • Regional Development Office.
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 4

Project name	Resources for adult women survivors of sexual abuse
Contact name	Clare Quigley
Address	Mental Health Department Daisy Hill Hospital Newry BT35 8DR
Telephone number	01693 65511
Brief description of project	Women who have experienced traumatic life events including sexual, physical and emotional abuse often present with mental illness, ie depression, eating disorders, addictive behaviour and anxiety. These symptoms need to be addressed within the context of the women's past and present life using a holistic psychosocial model. A continuum of services and supports are in place to meet their varied needs.
Objectives	To restore personal self-worth, hope and self-awareness in women using group work programmes, individual work and in supporting a self-help group who provide peer counselling. This emphasis on mental health promotion will help to break the cycle of deprivation and family pathology, which will benefit the families of the women.
Outcomes:	
Planned	To improve the mental health of participants and reduce uptake of medical psychiatric services.
Actual	Using Beck's Depression Inventory (BDI) a group work programme was evaluated at stages and showed marked reduction in depressive symptoms.
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 4

Project name	Activity Centre At Braid Valley Hospital
Contact name	Yvonne Carson – Activity Nurse
Address	Braid Valley Hospital Ballymena BT43 6HH
Telephone number	01266 635417
Brief description of project	<p>This project is aimed at elderly patients who come into hospital. For many, hospital admission can be a stressful time causing anxiety and fear. Illness and disability can make patients feel restricted, lonely and depressed and predisposed to low self-esteem. Boredom is another factor. Patients are referred by their primary nurse and visited soon after to assess needs (social, psychological) and ascertain interests. A varied programme is provided including gardening, crafts reminiscence, cookery and outings. Specific activities include:</p> <p>SONAS – a programme aimed at confused patients to orientate people to their surroundings where possible.</p> <p>ACTIVE HEALTH CLUB – meetings held by health professionals such as dietician, dentist etc. for the patients to increase knowledge and encourage empowerment.</p> <p>THURSDAY FELLOWSHIP – informal reflection meeting, encouraging spiritual wellbeing and time for discussion and consultation.</p>
Objectives	<ul style="list-style-type: none"> • To provide a stimulating environment for the in-patient encouraging confidence and self-esteem through activities. • Providing a holistic hospital environment where social/psychological needs are met alongside physical needs encompassing circle of care.
Outcomes:	
Planned	Outcome is to improve quality of life to each patient in the programme.
Actual	As each patient is an individual, each outcome is different. However, most patients enjoy the experience.

Mental Health Promotion in Northern Ireland

CATEGORY 4

Project name	Steps to Excellence for Personal Success (STEPS)
Contact name	Frances O’Kane
Address	Investing in Excellence Ltd 48a Clooney Terrace Londonderry BT47 1AP
Telephone number	01504 347651
Brief description of project	<p>‘Steps to Excellence for Personal Success’ is a popular and effective video-based personal development programme. It is based on the premise that we all have enormous potential for growth but limit ourselves by negative beliefs and attitudes.</p> <p>STEPS is presented by a trained and experienced facilitator using a highly effective and non-threatening approach. Participants are taken through a series of 12 video tapes dealing with themes such as breaking negative thought patterns, improving self-image, motivation and the importance of goal setting. Central to all other topics is the principle of raising our self-esteem.</p> <p>By the end of the programme participants will be aware of the importance of their own thinking in improving every aspect of their lives. Equipped with a set of tools to increase the use of their potential, individuals will be able to make choices and changes for themselves and become accountable for their own happiness and success.</p>
Objectives	<ul style="list-style-type: none"> • To improve the quality of life of the disadvantaged/unemployed in Londonderry and the North West by helping them raise their self-image/self-esteem so that they might be enabled and encouraged to take control of their situation and improve the quality of their lives and that of their community. • To help parents/prospective parents realise that children live and act out values offered them by their adult role models and that children cannot and do not respect these same adults if they are not respected by them. • To help children respect themselves by teaching parents the principles of high self-esteem.
Outcomes:	<p>The experience of working with the STEPS programme in this City and the North West area has continually proven the positive effectiveness of the teaching contained therein.</p> <ul style="list-style-type: none"> • It helps people move away from limiting thought patterns to self-knowledge and self-understanding, thereby opening unthought of possibilities and opportunities for them. • It encourages self-and-other respect. • It builds a strong, solid self-confidence, based on good self-esteem, which, in turn, enhances performance. • It not only provides the knowledge, but also the tools whereby life skills and personal growth may be practised in an ongoing way. • It encourages participants to move from a culture of despair and dependency to one of power and independence/interdependence. • It shows the advantages of having a ‘want-to’ approach to life’s challenges. • It helps people deal with and manage change. • It teaches that each one takes responsibility for his/her own life and accepts accountability for whom he/she is becoming.
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 4

Project name	Cardiac Rehab
Contact name	Bernie Downey – Co-ordinator
Address	The Mater Hospital 45-51 Crumlin Road Belfast BT14 6AB
Telephone number	01232 802362
Brief description of project	The Mater Hospital Trust runs two, eight-week programmes. Part of the content includes a session on stress/ stress management and each session includes physical activity and relaxation. Anxiety levels are measured at weeks 1 and 8. Patients are invited back for a 6-month review.
Objectives	To reduce anxiety, build self-confidence and enhance knowledge.

Mental Health Promotion in Northern Ireland

CATEGORY 4

Project name	Changing Our Thinking : Changing Our Lives
Contact name	Anne Tracey
Address	Derry Well Woman 17 Queen Street BT48 7EQ
Telephone number	01504 360777
Brief description of project	A seven week course with the above title has been developed as a response to the identified needs of women using the Well Women Centre. Using the concepts of stress, assertiveness and related areas, eg prioritising and goal setting the course gives women the opportunity to raise their self-awareness. In particular it will help them to take stock of where they are at present, what their needs are and how they would like their lives to look in the future. The course is participative and interactive. The group's ideas, feelings, views and opinions are shared through feedback and discussion.
Objectives	<ul style="list-style-type: none"> • To provide women with an open, safe and supportive environment in which to explore a range of concepts and issues relating to the ways of thinking, feeling and acting that may have been developed over a life time but may now be the cause of difficulties in their lives. • The atmosphere/climate will be created in which ideas can be shared and discussed. • Through self-assessment participants will raise their self-awareness around areas of stress, assertiveness, problem-solving, decision making, goal setting, meeting their needs and making time for themselves. • A range of coping methods will be highlighted and discussed for their usefulness. At the end of each week the women will extract the key learning points/coping strategies that they have found useful. At the end of the seven weeks a complete checklist will be typed up and given to each person who attended the course. • There will be opportunity for small group work enabling the women to discuss and digest the course material at a pace that suits them. • The women participating will not be told what to do or how to live their lives, rather they will take from the course what they feel is most useful or valuable to them as individuals.
Outcomes:	
Planned	<ul style="list-style-type: none"> • A checklist of key learning points and coping strategies which the group have extracted from each week of the course.
Actual	<ul style="list-style-type: none"> • The course is received in a different way by each individual depending on why they have come and what they hope to get from it.
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 4

Project name	Introduction to the Bach Flower Remedies
Contact name	Nancy Hynes
Address	Derry Well Woman 17 Queen Street Londonderry BT48 7EQ
Telephone number	01504 36077
Brief description of project	<p>Three 12-hour courses are held each year within the Well Woman Centre (three hours per week for four weeks). Courses are open to women of all ages. Talks are also given at support groups – menopause, osteoporosis and ‘living with cancer’. The Bach Flower Remedies are a simple, natural and effective system of medicine. They were developed in the 1930’s by Dr Bach, a noted doctor, homeopath, bacteriologist and immunologist, who believed that a healthy mind is the key to recovery from ill-health. Together the 38 remedies can help people manage their emotional wellbeing. The Bach Flower remedies have been used successfully for over 60 years throughout the world, by medical and complementary health practitioners, as well as individuals.</p> <p>They are simple to use and safe for all the family. There is no danger of over-dosing and they do not interfere with other medication which may be needed.</p>
Objectives	<ul style="list-style-type: none"> • To give background information on the life and work of Dr Bach. • To share knowledge of each of the 38 remedies and to include the use of the emergency remedy (Rescue Remedy). • To help people decide which remedy will work best for them: treat the person – not the disease and treat the cause – not the effect. • To give each participant the opportunity to make up a remedy – understanding the dosage and method of administration. • To provide information on further study – courses, books, videos, audio tapes etc.
Outcomes:	<ul style="list-style-type: none"> • Each participant will have the knowledge to be able to use the remedies for themselves and their family. • Each one will know how to take the remedies and the dosage. • Remedies can be taken in crisis situations. • Remedies can help long-term problems. • Each person will know where to buy the remedies – how much they cost and where further help is available.
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 4

Project name	Coping with Depression
Contact name	Amanda McFadden
Address	Shantallow Community Mental Health Team 2 Village Lane Glengalliagh Road Londonderry BT48 8FA
Telephone number	01504 350063
Brief description of project	A six week course on depression including: <ul style="list-style-type: none"> • what is depression?; • signs and symptoms; • causes; • what helps • changing thinking patterns. Aimed at individual women in our community who are experiencing difficulty due to depression in themselves or someone they are caring for.
Objectives	<ul style="list-style-type: none"> • To educate regarding the causes, effect and treatment of depression. • To offer support and guidance in making changes in one's own lifestyle. • The emphasis is on health education, helping women to help themselves and maximising potential for wellness.
Outcomes:	<ul style="list-style-type: none"> • Increased education. • Individual autonomy and dispelling myths and negative thinking patterns.
Planned	
Actual	<ul style="list-style-type: none"> • Mutual support and understanding. • Accurate dissemination of research-based current information. • Group cohesion and positive health gains.

Mental Health Promotion in Northern Ireland

CATEGORY 4

Project name	Coping with Stress
Contact name	Anna Brothers
Address	Derry Well Woman 17 Queen Street Londonderry BT48 7EQ
Telephone number	01504 360777
Brief description of project	Eight two hour sessions held in Derry Well Women Centre for usually three groups per year. Small groups aged 18years+. Groups have 10-12 members. Topics include: <ul style="list-style-type: none"> • relaxation and creative visualisation; • self caring; • positive self-talk; • present moment living; • affirmations; • goal setting; • causes and effects of stress; • coping strategies; • topics of special interest to the group.
Objectives	Physical mental/emotional and social health promotion.
Evaluation	Report available.

Project name	Sussex Place Family Services
Contact name	Clare O'Mahony (Project Leader, Pastoral Care Outreach)
Address	1 Sussex Place Belfast BT2 8LN
Telephone number	0411 694095
Brief description of project	This is an outreach service to women who work in prostitution so that they will experience care, compassion, hospitality, counselling, psychotherapy and interconnection with agencies offered to individual women and work with families when requested.
Objectives	<ul style="list-style-type: none"> • To offer a service to women involved in street prostitution. • To make available psychotherapy and counselling to those who come. • To network and develop a role in advocacy.
Outcomes:	<ul style="list-style-type: none"> • A limited piece of qualitative research.
Planned	
Actual	<ul style="list-style-type: none"> • One years experience of full-time work (1998). • Five years of part-time work (1992-97).

Mental Health Promotion in Northern Ireland

CATEGORY 4

Project name	Community Projects, Voluntary Service Belfast
Contact name	Katherine Robertson
Address	Voluntary Service Belfast 70-72 Lisburn Road Belfast BT9 6AF
Telephone number	01232 200875
Brief description of project	<ul style="list-style-type: none">• Volunteer led service for older people. Befriending people who are isolated, building a supportive friendship. Shopping trips using community transport to shopping centres organised on a regular basis.• Volunteer opportunities for people who want to befriend and work on a one to one basis with older/disabled people.
Objectives	<ul style="list-style-type: none">• Scheme aims to address issue of social isolation and promote social inclusion and active citizenship by matching volunteers who want to get involved in the community with individuals who need help.

Mental Health Promotion in Northern Ireland

CATEGORY 4

Project name	The Early Identification and Management of Postnatal Depression
Contact name	Maureen McMurray – Health Visitor
Address	Bangor Health Centre Newtownards Road Bangor BT20 4LD
Telephone number	01247 468521
Brief description of project	Training of all health visitors in the early identification and management for postnatal depression using the Edinburgh Postnatal Depression Scale for routine screening. The importance of early identification and treatment has been highlighted recently by research on possible long-term effects on the mother/child relationship, the child's cognitive development and behavioural difficulties.
Objectives	<ul style="list-style-type: none"> • Increase knowledge of postnatal depression, its signs and symptoms and the theories surrounding its causes. • Raise awareness of prevention strategies and ways of adopting into practice. • Update counselling skills for all health visitors. • Understanding of Edinburgh Postnatal Depression Scale and its limitations.
Outcomes: Planned	<ul style="list-style-type: none"> • Increased knowledge among public and professionals. • Reduced damaging effects of post-natal depression on the family. • Increased health visitors skills and confidence in its management.
Actual	<ul style="list-style-type: none"> • Greater awareness and openness among mothers. • Illness, due to early identification, is shorter and less severe. • Improved multi-professional communication. • Lack of social support identified.

Project name	Action MS Careline
Contact name	Janice McCann
Address	Actionville Knockbracken Healthcare Park Saintfield Road Belfast BT8 8BH
Telephone number	01232 790707
Brief description of project	The provision of a careline telephone counselling service for people with multiple sclerosis (MS) and their families. This needs to be developed with more face to face counselling, including peer counselling.
Objectives	Our overall objective is to strengthen the careline service and to develop a strategy to provide easier access to support services for people with MS, their carers and families.
Outcomes: Actual	A training programme for volunteer counsellors.

Mental Health Promotion in Northern Ireland

CATEGORY 4

Project name	Prevention, Identification and Management of Postnatal Depression
Contact name	Rosemary Hughes
Address	Community Health Office 64 Killyliss Road Dungannon BT70 1NX
Telephone number	01868 789649/789679
Brief description of project	<p>The months following the delivery of a baby present women with the greatest risk of developing mental illness, in particular, depression. If undetected, postnatal depression can have a serious effect on the mother's health, adversely affecting the quality of the mother-child interaction, and there is increasing evidence of long-term damage to the emotional behaviour and cognitive development of the children concerned.</p> <p>A pilot study in 1992 introduced screening by Health Visitors of all women, 6-10 weeks post delivery in Armagh and Dungannon Health and Social Services Trust using the Edinburgh Postnatal Depression Scale (EPDS). In 1996, a successful bid was made to the Management Executive for funding to examine the emotional care women receive around the time of childbirth. A multi-professional audit team was formed which had representation from all primary and secondary professionals involved in the care of women entering parenthood.</p>
Objectives	<ul style="list-style-type: none"> • The development of guidelines, protocols and standard statements for each stage of the care pathway through pregnancy, delivery and the postnatal period. • The development of evaluation tools to measure adherence to the standards set. • Based on audit results, the development of an action plan to bring about innovation and change in the prevention, identification, and management of postnatal depression.
Outcomes:	<ul style="list-style-type: none"> • The co-ordinated, structured delivery of the first ever cascade training programme in Ireland. Places were taken up by health professionals from all four Health and Social Services Boards and two Health Boards in the Republic of Ireland. • A drug protocol was developed by the Consultant Psychiatrist and GP Audit Facilitator, and disseminated to all GPs. • Provision of a service that is relevant and responsive to the needs of women and their families, particularly those who live in isolated, border areas or those who work with child bearing women, and the enhancement of co-operative working relationships across disciplines and Board areas. • Reduction in the need for high cost interventions, often necessary when postnatal depression goes unrecognised. • The de-stigmatising of maternal depression by routine use of the EPDS; increasing awareness in community using media coverage.
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 4

Project name	Domestic Violence, Community Development Project
Contact name	Noelle Collins
Address	Women's Aid Belfast 49 Malone Road Belfast BT9 6RY
Telephone number	01232 666049
Brief description of project	Six month project within South and East Belfast Health and social Services Trust area.
Objectives	<ul style="list-style-type: none"> • To establish contact with community groups within the South and East Belfast area, raising awareness of domestic violence. • To provide training for anyone working, paid or unpaid, within community groups. • To organise three seminars with the South and East Belfast area bringing together relevant outside agencies to deliver a multi-agency approach to the problem of domestic violence. • To co-ordinate days within local communities.
Outcomes:	<ul style="list-style-type: none"> • Made numerous contacts with community leaders and activists and attended many meetings. • Set up and delivered awareness training sessions to 36 women's groups. • Organised four seminars. • Had two successful information days in shopping centres giving out booklets and leaflets to the local community. • Produced and delivered a two-day training pack for community workers. • This work also produced interest from many other groups, such as churches, mother and toddler groups, and advice centres, some requesting talks and more information.

Mental Health Promotion in Northern Ireland

CATEGORY 4

Project name	Health Visiting, Post Natal Depression Screening and Intervention Project
Contact name	Marion McAroe – Child Health Services Manager
Address	South and East Belfast Health and Social Services Trust (SEBT) Knockbracken Healthcare Park Saintfield Road Belfast BT8 8BH
Telephone number	01232 565555
Brief description of project	<p>The screening and intervention programme began with SEBT in June 1998. The Project endeavoured to introduce the standardised use of the Edinburgh Postnatal Depression Scale (EPDS) into the Health Visiting Service within the Trust. The aim is to screen for and identify postnatal depression and to provide a range of effective primary and secondary interventions with the co-operation of the Community Psychiatric Service within the Trust and complement the primary health care services being provided by General Practitioners in the Trust's area.</p> <p>In order to standardise the service most health visitors (some health visitors have yet to complete the sessions) within the Trust have completed four half-day training sessions provided by Cascade trainers who had received training from Jenny Holden, Lecturer at Queen Margaret College, Edinburgh.</p>
Objectives	<p>The training aimed to:</p> <ul style="list-style-type: none"> • Introduce the subject of postnatal depression (PND) and allow for discussion of its possible causes. • To describe effective intervention in the prevention of PND. • Introduce and enhance skills of person centred counselling and afford participants the opportunity to practise these skills. • To present and familiarise participants with the EPDS and allow for discussion on the advantages and disadvantages of using it as a screening tool. • To facilitate exploration of the likely problems associated with the above approaches.
Outcomes:	<p>In providing the training and promoting standardised practice in the screening and interventions around postnatal depression it is hoped;</p> <ul style="list-style-type: none"> • There will be an increased awareness of postnatal depression and its effects on the mother and other family members. • It will allow for increased efficiency in identification of mental health problems in the postnatal period. • It will facilitate and improve inter-disciplinary working in the field of postnatal depression, especially between health visitors, community psychiatric nurses, mental health treatment services and general practice. • To facilitate early and possibly more effective treatment. • To clearly identify to practitioners clear standards for the screening of mothers at 10-12 weeks post-natally. • To identify primary intervention strategies for health visitors based on the score of the EPDS and allow the health visitor to offer as an four listening visits and evaluation of their effectiveness by repeating the scale at the end of the intervention. • To raise awareness of postnatal depression among mothers and other family members.

Mental Health Promotion in Northern Ireland

CATEGORY 4

Project name	Suicide Prevention Strategy – Education Element (Everybody Hurts Sometimes Leaflet)				
Contact name	Barry McGale, Suicide Awareness Co-ordinator				
Address	Westcare Business Services Lilac Villa 12c Gransha Park Londonderry BT47 1WJ				
Telephone number	01504 865127				
Brief description of project	<p>The 'Everybody Hurts Sometimes' Leaflet was designed as a response to the lack of information available for people who were admitted to Altnagelvin Hospital for self-harm.</p> <p>The agencies listed in the leaflet were selected based on their being the appropriate agency which offers help for particular stressors. The stressors were identified by research carried out within the hospital. The leaflet will be given to each patient on discharge with an explanation about the appropriate support agency.</p>				
Objectives	To inform patients of the appropriate support agency and encourage patients to seek support.				
Outcomes:	<table style="width: 100%; border: none;"> <tr> <td style="width: 15%; padding-right: 10px;">Planned</td> <td>Patients to make contact with support agencies.</td> </tr> <tr> <td style="padding-right: 10px;">Actual</td> <td>Leaflet to be launched in February/March 1999.</td> </tr> </table>	Planned	Patients to make contact with support agencies.	Actual	Leaflet to be launched in February/March 1999.
Planned	Patients to make contact with support agencies.				
Actual	Leaflet to be launched in February/March 1999.				

Project name	Mental and Physical Health Promotion for Elderly Day Care Clients
Contact name	Frank O'Hagan, Charge Nurse
Address	Pine 'C' Day Care Tyrone and Fermanagh Hospital Omagh BT79 0NF
Telephone number	01662 245211
Brief description of project	Every month we plan to include among the therapeutic activities, several sessions devoted to mental and physical health issues. We will utilise the skills of our nursing and occupational therapists in these sessions. We will also avail of the expertise of others such as dieticians, pharmacologists, counsellors etc.
Objectives	To enable older people in the community with functional mental health problems to maintain optimum mental and physical health.

Mental Health Promotion in Northern Ireland

CATEGORY 4

Project name	1. SeniorLine 2. Advocacy Service 3. Community Development
Contact name	Grace Henry – Development Officer, Health and Social Care.
Address	Help the Aged Lesley House Shaftesbury Square Belfast BT2 7DB
Telephone number	01232 230666
Brief description of project	<p>1. SeniorLine: Freephone advice and information service, for older people which can offer advice on wide range of topics including mental health issues.</p> <p>2. Advocacy Service: Independent representation by paid advocates. Case work in the area of health and social care provision. Again a generic service which has in the past taken cases on mental ill-health and older people.</p> <p>3. Community Development: Offers development support, fund raising advice and grant aid to a range of community groups. This is generic, currently grant- aiding groups who have an interest in mental health and advocacy.</p>
Objectives	As above.
Outcomes:	As above.
Evaluation	Report available for Advocacy Service.

Mental Health Promotion in Northern Ireland

CATEGORY 4

Project name	AIDS Helpline Support Services
Contact name	Tara Dixon, Support worker
Address	AIDS Helpline NI The Centre at the Warehouse 3rd Floor 7 James Street South Belfast BT2 8DN
Telephone number	01232 249268
Brief description of project	Promotion of mental health is an integral part of the work we do as an organisation and is especially central to the support services provided to people affected by HIV. HIV is associated with deterioration in physical health; however, living with HIV or AIDS is also a risk factor for mental health problems or emotional difficulties. On top of the stress of coping with the implication of the diagnosis, protective factors such as employment and income may be lost as an individual suffers bouts of illness preventing participation in an 9 to 5 working environment. The stigmatising attitudes held by society towards people living with HIV/AIDS can also impact on an individual's sense of integration and social inclusion, leading to feelings of isolation, discrimination and the loss of a sense of contribution and belonging to the wider society.
Objectives	Support services provided through the AIDS Helpline aim to combat a sense of isolation and enhance wellbeing, both physical and emotional. Through a support group, people are able to share experiences and information, and access mutual support networks. Complementary therapies aim to enhance a sense of general health, and one-to-one support seeks to develop emotional wellbeing through helping people to manage their often stressful circumstances and build on inner resilience.
Outcomes:	As above.

Mental Health Promotion in Northern Ireland

CATEGORY 4

Project name	Cara-Friend Gay and Lesbian Helplines
Contact name	Doug Sobey
Address	PO Box 44 Belfast BT1 1SH
Telephone number	Gay Helpline: 01232 322023 Monday, Tuesday, Wednesday (7.30pm-10.00pm) Lesbian Line: 01232 238668 Thursday (7.30pm-10.00pm)
Brief description of projects	The 'project' comprises a confidential befriending and information service for gay, lesbian and bisexual people, or anyone for whom homosexuality is an issue of concern, including parents of gay and lesbian children. We provide this by means of a confidential and non-directional telephone helpline (as well as a letter service), staffed by people who are themselves gay, lesbian or bisexual.
Objectives	We are able to provide information on homosexuality and on the social facilities available in Northern Ireland (as well as elsewhere) for gay men and lesbians. We also provide social support in helping people come to terms with their sexuality, and (if they wish) in integrating into the gay community. As a first step in this direction, people contacting us can arrange to meet two of our volunteers for a chat at our premises. Where people require help and advice beyond the capabilities of Cara-Friend volunteers, such as legal and medical, we can put them in contact with outside persons and organisations able to provide such help.
Outcomes: Actual	Knowing that one has homosexual feelings, either partially or exclusively, can be a lonely and isolating experience. Unless a person is able to come to terms with their sexuality, they may face all sorts of problems, including a lifetime of unhappiness. Fortunately social attitudes have been changing over the last 30 years, even if slowly, and gay people now no longer have to live lonely and unhappy lives. However, for many people it can still be a daunting step to reveal their sexuality to another person. By providing the means for people to make contact with others who understand their sexuality, our aim is to help end the loneliness and isolation of those contacting us. As a result of the enhanced wellbeing of such people, others, including their families and friends, and ultimately society as a whole, will benefit.

Mental Health Promotion in Northern Ireland

CATEGORY 5

Programmes related to individuals or groups with an early or less disabling mental health or behaviour problem, or their carers, (eg occupational health, employment initiatives, self-help).

Project name	Leonardo Da Vinci Programme
Contact name	Ms Ursula Campbell, Environmental Health Officer
Address	Health Promotion and Training Health and Environmental Services Department Belfast City Council City Hall 4-10 Linenhall Street Belfast BT1 8BP
Telephone number	01232 320202 Ext: 3277
Brief description of project	The Leonardo Da Vinci programme offers European funding for innovative vocational training projects. The Institute of Environmental Health Officers (Ireland) are the co-ordinators of the proposal. The other two international partners are Norway and Sweden.
Objectives	The project seeks to make an innovative intervention in the cycle of exclusion of long-term unemployed people by making vocational training for the food/tourism sectors accessible. The proposal involves bringing long-term unemployed people into the catering industry by training them in jobseeking skills and food hygiene. Springvale Training Limited have agreed to be Belfast City Council's training partner. Springvale have extensive experience not only in this type of training but also in applying for European funding. Springvale will carry out the necessary needs analysis and the jobseeking skills training. Staff from the Health Promotion and Training Division of Belfast City Council's Health and Environment Services Department will carry out the food hygiene training and co-ordinate the Northern Ireland side of the project. The project will be structured into four phases: <ul style="list-style-type: none"> • development; • preparation and preliminary dissemination; • pilot implementation; • review and final dissemination; The duration of the project is two years and will involve 20 trainees in Belfast.
Outcomes: Planned	Improving the employability of 20 people.

Mental Health Promotion in Northern Ireland

CATEGORY 5

Project name	Activate Health Programme
Contact name	Janice Armstrong
Address	Causeway Health and Social Services Trust Health Promotion Department Mountfern House 10 Rugby Avenue Coleraine BT52 1JL
Telephone number	01265 321373
Brief description of projects	Training of tutors in Activate programmes for those working in the area of mental health or learning disabilities.
Objectives	To promote mental health with disadvantaged groups.
Outcomes: Planned	Activate classes.
Actual	Tutor currently undergoing training.

The Activate Health programme has been developed by the Health Promotion Agency for Northern Ireland and is delivered by trainers and tutors in Health and Social Services Trusts and the community. For further information contact Frank Kelly at the Health Promotion Agency for Northern Ireland. Tel. 01232 311611.

Project name	1. Stress Management 2. Post Incident Support
Contact name	Dr D Courtney
Address	Occupational Health Unit Seapark 151 Belfast Road Carrickfergus BT38 8PL
Telephone number	01232 700716
Brief description of projects	1. Stress Management – Educational inputs into training course, advising on the identification and management of work related stress issues. 2. Post Incident Support – Ongoing support following involvement in traumatic incidents. Involves education, support and treatment as required, particularly psychological.
Objectives	<ul style="list-style-type: none"> • Maintain and promote health and wellbeing • Assist in maximising coping mechanisms in long-term.

Mental Health Promotion in Northern Ireland

CATEGORY 5

Project name	Start Your Own Business
Contact name	Vincent McKenna – Development Officer
Address	FAIT Washington House 14-16 High Street Belfast BT1 2BB
Telephone number	01232 237397
Brief description of project	This project sets out to help empower victims of terrorist violence and their families to re-enter the work place or simply to find confidence in themselves to seek employment and become fully integrated into a working environment.
Objective	Helping to empower victims of terrorist violence.
Outcomes: Planned	Helping victims of terrorist violence to start their own business or seek employment.
Actual	Approximately 40% employment success.

Mental Health Promotion in Northern Ireland

CATEGORY 5

Project name	Newry and Mourne Mental Health Forum
Contact name	Jimmy Phillips
Address	Ballybot House 22 Cornmarket Newry BT35 8BG
Telephone number	01693 66374
Brief description of project	<p>Newry and Mourne Mental Health Forum is a collaborative venture involving users, carers and mental health service providers along with other agencies, groups and individuals who have an interest in mental health and/or responsibility for providing services in the community, eg housing, education, etc.</p> <p>The Forum was founded in 1993 in response to the challenges that 'Care in the Community' set for people experiencing mental health problems, their family and friends, other members of the community, the mental health professionals and other agencies who provide services for them. The formation of the Forum is also a response to the fact that people who use mental health services and their carers have the right and expect to be actively involved, not only in making decisions about their individual care, but also about the overall nature of community services.</p>
Objectives	<p>The overall aims are:</p> <ul style="list-style-type: none"> • To promote the effective implementation of community care for people with mental health problems. • To challenge stigma and ignorance about the nature of mental illness. <p>Objectives:</p> <ul style="list-style-type: none"> • To promote effective communication and collaboration between the range of agencies and stakeholders within the Mental Health Care System of Newry and Mourne, with a view to developing and improving mental health care locally. • To provide opportunities for consumers of mental health services and other interested parties to comment on the services they receive. • To develop and support a mechanism which helps users and carers to inform and influence those who manage and plan Mental Health Services in the Newry and Mourne Area.
Outcomes: Actual	<p>The Forum has succeeded in establishing four active working groups plus a Management Executive made up of representatives of each working group. The Working Groups are as follows:</p> <p>Insight (User) Group Comprising of 30 present and past service users, this group has been active in developing their knowledge and skills base to enable them to advocate individually and collectively on issues relevant to their care in hospital and in the community. To date they have carried out extensive user-led evaluations of existing services, made recommendations for change and have succeeded in gaining representation on local mental health planning groups.</p>

CATEGORY 5

Newry and Mourne Mental Health Forum *continued*

	<p>Carers Working Group Comprising of 26 present and past carers this group are presently engaged in programmes to develop their knowledge of existing services and programmes to develop their skills and confidence in advocating for the rights of carers in existing and proposed services. In pursuit of their goal for better information, the Forum Carers Group are writing a Carer Directory of local services, including advice sections on what to do in emergency situations.</p> <p>Mental Health Working Group Comprising of users, carers, mental health professionals and relevant volunteers/community organisations, the Mental Health Working Group addresses issues relating to health care, social care and mental health promotion. To challenge stigma and raise awareness of local mental health issues, this group have successfully run a number of public conferences and are presently engaged in partnership with the local Trust in developing strategies to work with the local community in addressing rural mental health issues.</p> <p>Community Living Group This group is made up of users, carers, staff from local statutory and voluntary mental health services plus representatives of other statutory agencies and community groups. It addresses the wider range of issues that impact on the mental health of existing service users and the public at large, such as housing, employment, benefits, education and leisure. To this end this group actively advocate on behalf of service users and carers and input into relevant agencies on their policies, procedures and plans.</p>
--	--

Mental Health Promotion in Northern Ireland

CATEGORY 5

Project name	Positive Promotion of Mental Health through the provision of training/rehabilitation within ITO Units.
Contact name	Bernadette Graffin, Executive Programme Co-ordinator
Address	I.T.O. Mourne House Knockbracken Healthcare Park Saintfield Road Belfast BT8 8BH
Telephone number	01232 403726
Brief description of project	<p>ITO enables people recovering from mental ill-health to rebuild their lives with a view to taking up a meaningful role within the community and/or workplace.</p> <p>ITO provides a holistic socio-vocational/rehabilitation service to approximately 800 people recovering from mental ill-health per year through their participation in needs-led programmes co-ordinated from the following ITO purpose-built Units in Northern Ireland:</p> <ul style="list-style-type: none"> • Antrim, Belfast, Bangor, Downpatrick, Enniskillen, Londonderry, Newtownards, Newry, Warrenpoint. <p>Each ITO Unit helps individuals to improve/maintain their state of mental health through the provision of tailored personal, social and economic activities which promote opportunities for independence and meaningful inclusion in mainstream society.</p> <p>The range and diversity of opportunities open to people with mental ill-health within ITO reflects the organisation's ability to promote choice, meet needs and advance positive progression.</p> <p>Given that over 180,000 people in Northern Ireland (ie 1 in 8 of the population) suffer from a diagnosed mental illness, a comprehensive approach to the problem requires close interaction between health care and economic policies. ITO bridges the economic/health care divide through its collective and established experience as a leading service provider.</p> <p>Trainees are afforded opportunities to develop a range of interpersonal and social skills; avail of accredited vocational training in catering, woodwork, business, administration/computing and horticulture; participate in work therapy activities within the Unit and work experience programmes with employers.</p>
Objectives	<ul style="list-style-type: none"> • To identify and respond to the interpersonal, social and vocational needs of people with mental health problems. • To provide training in a variety of work programmes to support rehabilitation and return to fitness for a fuller life in the community. • To support people with mental health problems to gain employment and/or access to further training/education in mainstream provision. • To support the meaningful integration of people with mental health problems and improve public awareness. • To maximise, develop and campaign for vocational opportunities for people with mental health problems and improve public awareness. • To improve the quality of life for people suffering from mental ill-health.

CATEGORY 5

Positive Promotion of Mental Health through the provision of training/rehabilitation within ITO Units *continued*

<p>Outcomes: Actual</p>	<ul style="list-style-type: none"> • ITO's excellence in the provision of training was acknowledged through the organisation's attainment of Regional Training Award in the UK National Training Awards competition for 1997. • NVQ units of competence gained by people with mental health problems more than doubled between 1996 and 1997/98, with a staggering total of 524 units at Level 1 & 2 gained over the last 14 months. As a recognised City and Guilds Assessment Centre, ITO ensures that quality assurance mechanisms are integral to its training provision. • ITO units enable an average of 75% of leavers to attain positive outcomes including access to employment, further training or independent lifestyle programmes. • ITO successfully provides, needs-led, structured training/rehabilitation programmes to an average of 800 people with mental health problems annually and maximises opportunities for trainee input to the design, review and evaluation of such programmes. • The dedication and professional commitment of ITO's staff was recognised through nominations from trainees and significant others in the BBC and Belfast Telegraph Gala celebration of people who have 'Made a Difference'. • ITO's contribution to positive mental health is reflected in its extensive and continuous community-based marketing and promotional initiatives which include: <ul style="list-style-type: none"> - trainee presentation of award ceremonies; - open days; - World Mental Health Day initiatives; - trainees involvement in the preparation of press releases for corporate newsletters; - organised VIP events/activities; - organised community based visits with individuals and groups from the business, community, educational and industrial sectors. • The organisation has successfully extended quality work-experience programmes to students studying Nursing, Occupational Therapy and Social Work and has extended 'best practice' in the co-ordination of volunteering opportunities within ITO Units.
-------------------------	---

Mental Health Promotion in Northern Ireland

CATEGORY 5

Project name	ITO Employment Service
Contact name	Peter Shields – ITO Employment Service Manager
Address	ITO Mourne House Knockbracken Healthcare Park Saintfield Road Belfast BT8 8BH
Telephone number	01232 403726 or 018494 28081
Brief description of project	<p>Launched in 1998, ITO Employment Service is a new initiative which aims to secure and support employment, work experience and further education opportunities for people recovering from mental ill-health.</p> <p>People recovering from mental ill-health are referred to the service via ITO Training Units, ACCEPT centres or community based job clinics located across Northern Ireland. ITO Employment Service users can access seven different work and training options including voluntary work, further education opportunities and government schemes which are specially designed to enable people with disabilities to access work. In addition to sourcing employment and training opportunities, the organisation's Employment Service Officers provide ongoing support both to the individual, as he/she takes steps towards employment/further education, and to their employer or training provider. ITO Employment Service also offers organisations ongoing support and information on promoting positive mental health within their workplace.</p>
Objectives	<ul style="list-style-type: none"> • To enable individuals recovering from mental illness to access employment and training opportunities. • To form partnerships with employers from the public, private and voluntary sector, and to work with them in facilitating a wide range of work experience, employment and training opportunities. • To provide on going support to ITO Employment Service users as they make the transition into employment/further education. • To raise awareness of mental health issues and educate employers on issues relating on mental illness and to provide information and support on promoting positive mental health within their workplaces.
Outcomes: Actual	<p>The ITO Employment Service has to date enabled 164 people recovering from mental ill-health to move into open or supported employment and further education (statistics relate to period from January 1998 – December 1998.)</p> <p>The organisation works with over 140 private, voluntary and public sector organisations who provide work experience, training and employment to its service users (all of whom are recovering from mental ill-health.). During the next financial year ITO Employment Service aims to help approximately 240 people recovering from mental ill-health into employment and further education (statistic relates to period 1 April 1999-31 March 2000.</p>

Mental Health Promotion in Northern Ireland

CATEGORY 5

Project name	Development of Psychiatric Nurses as Psychological Therapists
Contact name	Mary Daly – Consultant Clinical Psychologist
Address	South and East Belfast Health and Social Services Trust 17 Wellington Park Belfast BT9 6DJ
Telephone number	01232 381042
Brief description of project	<p>The following is a brief description of how this development has impacted positively on the Psychology Service.</p> <p>Two Psychiatric Nurses have been recruited to the Psychology Service. Their development through specialist training in the delivery of Cognitive-Behavioural Therapy has allowed:</p> <ul style="list-style-type: none">• Expansion of psychological therapies to an increased number of patients.• The development of skill mix within Psychology Service.• Reduced cost per treatment.• More opportunity for the development of co-working with other mental health professionals within the Trust.• The possibility of additional sharing skills with other staff through formal training mechanisms within the Trust.
Objectives	As above.

Mental Health Promotion in Northern Ireland

CATEGORY 5

Project name	'Prospect's', Mountderg Community Care
Contact name	Marian Walsh, Project Manager
Address	4 Prospect Court Castlederg Co. Tyrone BT81 7AH
Telephone number	016626 70600
Brief description of project	Flexible work and training initiative set up to meet the needs of people with mental health problems. It provides a range of activities including light woodwork, knitting, sewing, typing and computer skills, art and painting, cookery and basic living skills. Operates two days per week with plans to expand to meet the demand. Clients are involved in planning and management of project. 'Prospect's' provides the flexibility and support to meet the individual requirements of users.
Objectives	<ul style="list-style-type: none"> • To promote mental and physical wellbeing through our range of services. • To encourage user involvement in the project planning and management and create a sense of ownership for clients. • To provide realistic and meaningful employment and training for people with mental health problems in a structured and supportive environment.
Outcomes:	<ul style="list-style-type: none"> • To provide for eight clients daily. • Users take an active part in day to day planning and running of project. • 12-14 people using service on daily basis. • Two users on Management Committee and all users take active part in monthly group meetings.
Planned	
Actual	

Mental Health Promotion in Northern Ireland

CATEGORY 5

Project name	ACCEPT (Assessment, Counselling, Coaching and Employment, Placement and Training for individuals with mental ill-health)
Contact name	Derek McClure, Project Director
Address	I.T.O Thorne House Knockbracken Healthcare Park Saintfield Road Belfast BT8 8BH
Telephone number	01232 403726
Brief description of project	<p>Launched in 1995, ACCEPT aims to help people with mental ill-health to realise a better quality of life through employment and training. The project has pioneered several new approaches to mental health service provision and mental health promotion, including the establishment of four one-stop information centres in Belfast, Portadown, Lisburn and Bangor. Other activities and services include the promotion of mental health in the workplace through a 'Good Health Makes Good Business Sense' series of seminars and handbook targeting the top 600 employers in Northern Ireland; the establishment of an ongoing series of high profile events aimed at raising public awareness of mental health (including the Ideal Home Exhibition 1996 and 1997, Good Health Fayre 1999); the promotion of new approaches to mental health and employability, for example the support of social firms, and the publication of a Social Firms handbook in 1998.</p> <p>ACCEPT is a partnership project, both at a regional level (the project consists of a consortium made up of 17 organisations with an interest in mental health) and at a transnational level (ACCEPT Europe consists of over 300 different projects from ten national partners.) This partnership approach was recognised in 1997 when the project was selected from over 200 mental health organisations from across the UK and awarded second place in the Sir Graham Day National Mental Health Awards.</p>
Objectives	<p>ACCEPT's ongoing aim is to help people with mental ill-health realise a better quality of life through employment and training.</p> <p>During 1998-99 ACCEPT's objectives are to:</p> <ul style="list-style-type: none"> • provide 1000 individuals recovering from mental ill-health with guidance and training in relation to the work opportunities open to them. The project seeks to provide vocational training (Pre NVQ, Level 1&2) to 740 individuals and to place 400 people into either open employment or further education. • to develop its communication and marketing approaches. The project has already developed an Internet web page, and has set itself a target for providing mental health information to 5,000 people in Northern Ireland. • to gain accreditation for its services, eg Investors in People • to demonstrate that its strategies are cost effective and relevant, and 'mainstream' services. • to support social firm development and establish three new social firms in Northern Ireland, therefore creating 20 jobs. • to develop the project's mental health in the workplace initiative through publishing information packs and tailored training courses.
Outcomes: Actual	<ul style="list-style-type: none"> • During 1995-1997 ACCEPT achieved the following;

Mental Health Promotion in Northern Ireland

CATEGORY 5

ACCEPT (Assessment, Counselling, Coaching and Employment, Placement and Training for individuals with mental ill-health) *continued*

	<ul style="list-style-type: none"> • The provision of mental health information to 7,796 people (via events and information centres.) • Guidance and advice on employment and training opportunities was provided to 1,863 people recovering from mental ill-health. • Pre-employment training was provided to 621 individuals recovering from mental ill-health. • 204 ACCEPT clients were placed in further education and employment. • The mental health in the workplace initiative raised awareness among 600 employers.
Evaluation	Report available.

Project name	Fun Maters Project				
Contact name	Mairead O'Donnell/Helena McCambridge				
Address	Occupational Therapy Department Mater Hospital Crumlin Road Belfast BT14 6AB				
Telephone number	01232 802169/741211				
Brief description of project	<p>The Fun Maters project is a collaboration at work between the Mater Hospital, Occupational Therapy Department and Funscape and an independent dramatic arts company. The project aims to:</p> <ul style="list-style-type: none"> • provide access to the arts for people suffering from mental illness in North and West Belfast; • provide a bridge between the therapeutic milieu and community arts activities. <p>The project consists of a series of drama/music workshops culminating in performance. Participants are involved in every aspect of production taking into consideration their skills, needs, talents and choices.</p>				
Objectives	<ul style="list-style-type: none"> • To promote fun, pleasure and good health. • To provide support and infrastructure to help individuals actively engage in artistic activity. • To provide an opportunity for teamwork and creativity. • To create an effective model of practice to enhance the mental health and community integration of psychiatric patients. 				
Outcomes:	<table style="width: 100%; border: none;"> <tr> <td style="width: 15%; text-align: right;">Planned</td> <td> <ul style="list-style-type: none"> • Enhanced personal development for individual participants. • Sustained engagement of individuals with the project. • A performance or two! • Individual and group measures of satisfaction. </td> </tr> <tr> <td style="text-align: right;">Actual</td> <td> <ul style="list-style-type: none"> • Time scale of project - February 1999-2002. • Funding received from: National Lottery, Making Belfast Work North and West teams, Belfast City Council, and Northern Ireland Voluntary Trust. All funds, bar lottery money, to be re-applied for on an annual basis. </td> </tr> </table>	Planned	<ul style="list-style-type: none"> • Enhanced personal development for individual participants. • Sustained engagement of individuals with the project. • A performance or two! • Individual and group measures of satisfaction. 	Actual	<ul style="list-style-type: none"> • Time scale of project - February 1999-2002. • Funding received from: National Lottery, Making Belfast Work North and West teams, Belfast City Council, and Northern Ireland Voluntary Trust. All funds, bar lottery money, to be re-applied for on an annual basis.
Planned	<ul style="list-style-type: none"> • Enhanced personal development for individual participants. • Sustained engagement of individuals with the project. • A performance or two! • Individual and group measures of satisfaction. 				
Actual	<ul style="list-style-type: none"> • Time scale of project - February 1999-2002. • Funding received from: National Lottery, Making Belfast Work North and West teams, Belfast City Council, and Northern Ireland Voluntary Trust. All funds, bar lottery money, to be re-applied for on an annual basis. 				
Evaluation	Report available for three month initial pilot course.				

Mental Health Promotion in Northern Ireland

CATEGORY 5

Project name	Promoting Mental Health – Patient Group within Day Hospital
Contact name	Una Donnelly/Eileen McKnight
Address	Alexander Gardens Day Hospital Old Sea House 603 Antrim Road Belfast BT15
Telephone number	01232 773311
Brief description of project	The overall aim of the Mental Health Group is to give patients a positive sense of wellbeing and an underlying belief in their own and other's dignity and self worth. The Mental Health Group is held once a week for one and a half hours. It is an open group with an attendance of around 10-15 clients. Various topics are discussed each week ranging from substance and alcohol misuse to stress, anxiety, healthy lifestyles, impact of mental illness on people's lives and treatments. Medication education is also carried out.
Objectives	<ul style="list-style-type: none"> • Group members will be able to outline the factors that contribute towards maintaining optimum mental health. • Group members will recognise possible reasons for people becoming mentally unwell. • Group members will understand the steps that are necessary to look after their own mental health.
Outcomes: Actual	<ul style="list-style-type: none"> • Groups are currently underway.

Mental Health Promotion in Northern Ireland

CATEGORY 6

Programmes related to individuals or groups with an identified severe mental health or behavioural problem or a diagnosed mental illness or their carers.

Project name	Rehability
Contact name	Margaret McCormick, Co-ordinator
Address	Rehability Community Care 7/8 Norfolk Court Rathenraw Antrim BT41 2SF
Telephone number	01849 428264
Brief description of project	In 1987, three members of the rehabilitation team (social worker, community psychiatric nurse and occupational therapist) came together to form a voluntary group to address the problem of social isolation outside hospital by providing opportunities for a social life for former patients.
Objective	Rehability was established as an innovative scheme which recognised the inherent advantages and potential of the 'Care in the Community' initiative. It is an Antrim-based voluntary organisation which aims to provide social and recreational activities for those people who in the past have been hospitalised due to a diagnosis of mental illness, but are now residing in the community.
Outcomes:	Rehability is open seven nights a week from 7.00pm – 10.00pm. Each evening members are free to call in for coffee and conversation and/or make use of those recreational facilities available in the Centre. There is also an annual holiday programme not only benefiting those members who take part but also providing respite for the relatives who assume the role of carer throughout the rest of the year.
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 6

Project name	Derriaghy Mental Health Issues Forum
Contact name	Stephen Gharbaoui
Address	Derriaghy Day Centre Unit 7 The Cutts Derriaghy Industrial Estate Dunmurry BT17 9HU
Telephone number	01232 622008
Brief description of project	Based at 'The Derriaghy Centre' (which is run using the 'Clubhouse Model'), this project has a catchment area of Derriaghy, Twinbrook, Poleglass, Dummurry, Lisburn, Dromore, Aghalee, Ballinderry, and Hillsborough. It has been running since June 1998 and exists to promote discussion of mental health issues between sufferers and professionals. There is no fixed agenda, although education for the whole community, destigmatisation of mental health difficulties and more effective allocation of health service funding are prevalent issues.
Objectives	<ul style="list-style-type: none"> • To develop a structure for on-going communication between service users and providers. • To destigmatise mental health issues for community and for sufferers. • To lobby for better funding nationwide. • To network with other similar groups province-wide. • To lobby for treatment (combination of psychopharmacology with therapy/alternative therapeutic medicines). • To lobby for revision of legislation. • To set up funded research.
Outcomes:	
Planned	<ul style="list-style-type: none"> • Co-ordinator post full-time in Down Lisburn Trust. • Mental Health Conference.
Actual	<ul style="list-style-type: none"> • Networking – Northern Ireland Voices Forum – Mind Yourself (Londonderry) – Insight (Newry) • Structure for Down Lisburn Trust is theoretically in place.

Mental Health Promotion in Northern Ireland

CATEGORY 6

Project name	National Schizophrenia Fellowship (NSF)
Contact name	Michael Woodhall
Address	NSF Northern Ireland Regional Office 'Wyndhurst' Knockbracken Health Care Park Saintfield Road Belfast BT8 8BH
Telephone number	01232 402323
Brief description of project	NSF exists to improve the lives of everyone affected by schizophrenia and other severe mental illness by providing quality support, services and information, and by influencing local, regional and national policies. NSF provides services based on the values of dignity, respect and sensitivity, choice, information, access to services, involvement in planning, communication, quality, responsiveness and review.
Objectives	NSF is a national voluntary organisation that provides support for people with severe mental illness, their carers and families. NSF remains at the cutting edge of service development. In the year ahead we will not only strengthen our current range of services, but will focus upon specific outcomes.
Outcomes:	Support for carers. <ul style="list-style-type: none"> • A range of supported housing. • Crisis intervention. • Employment. • Day-time activities. • Advocacy services.
Evaluation	An annual report is available.

Mental Health Promotion in Northern Ireland

CATEGORY 6

Project name	Praxis Mental Health (Larne/Carrickfergus)				
Project Category	Programmes related to individuals or groups with an identified severe mental health or behavioural problem or a diagnosed mental illness or their carers.				
Contact name	Frances Philpott				
Address	13 Lower Cairncastle Road Larne BT40 1PG				
Telephone number	01574 279580				
Brief description of project	<p>Accommodation and support scheme designed to meet the needs of people aged 20-60 years old in the Larne/Carrick area, who have experienced mental ill-health. These people would usually have found their way into continuing care or rehabilitation wards of local psychiatric hospitals. The scheme allows a choice of support ranging from a comprehensive care package to largely independent living with very little formal support. The accommodation is on a self-care basis and tenants are expected to look after themselves whilst receiving social services to ensure each tenant is receiving the most appropriate care.</p> <p>The Larne scheme also provides a drop-in facility and operates a calendar of social events/activities.</p> <p>Referrals to the scheme are made by a care professional.</p>				
Objectives	Praxis aims to improve the quality of life of people who experience, or are vulnerable to, mental ill-health through promoting independence of such individuals and encouraging their integration into the local community. In order to provide full and integrated services to people who have experienced mental ill-health Praxis is committed to collaboration with other agencies, statutory and voluntary, in the pursuit of its aim.				
Outcomes:	<table style="width: 100%; border: none;"> <tr> <td style="width: 15%; text-align: right;">Planned</td> <td> <ul style="list-style-type: none"> • Extension of scheme to include Glenarm/Carnlough area. • Proposed provision of residential home to cater for the needs of local people. </td> </tr> <tr> <td style="text-align: right;">Actual</td> <td> <ul style="list-style-type: none"> • Accommodation and support scheme (6 places) and home response facility. • Drop-in and Ladies Group facilitated. • Provision of social activity/calendar of events. </td> </tr> </table>	Planned	<ul style="list-style-type: none"> • Extension of scheme to include Glenarm/Carnlough area. • Proposed provision of residential home to cater for the needs of local people. 	Actual	<ul style="list-style-type: none"> • Accommodation and support scheme (6 places) and home response facility. • Drop-in and Ladies Group facilitated. • Provision of social activity/calendar of events.
Planned	<ul style="list-style-type: none"> • Extension of scheme to include Glenarm/Carnlough area. • Proposed provision of residential home to cater for the needs of local people. 				
Actual	<ul style="list-style-type: none"> • Accommodation and support scheme (6 places) and home response facility. • Drop-in and Ladies Group facilitated. • Provision of social activity/calendar of events. 				
Evaluation	Report available.				

Mental Health Promotion in Northern Ireland

CATEGORY 6

Project name	Altigarron Court Residential Northern Ireland Association for Mental Health (NIAMH)
Contact name	Bri O'Boyle
Address	NIAMH Central Office Beacon House 80 University Street Belfast BT7 1HE
Telephone number	01232 237977
Brief description of project	Northern Ireland Association for Mental Health residential scheme for people with mental health problems.
Objectives	<ul style="list-style-type: none">• Ensure that the quality and service is maintained.• Identify ways of improving service provisions.• To strive for excellence. <p>The work of NIAMH is based on the principle of normalisation. The basic principle is 'to increase the value given to and felt by people concerning mental health needs and to do all we can to decrease the perceived difference between those who have and those who have not had mental illness.'</p> <p>We promote user participation and ensure services are integrated and as invisible as possible.</p>
Evaluation	Report available.

Mental Health Promotion in Northern Ireland

CATEGORY 6

Project name	Dual Diagnosis Group
Contact name	Marcella Canavan
Address	Sperrin Lakeland Health and Social Care Trust Addiction Treatment Unit Tyrone and Fermanagh Hospital Omagh BT79 0NS
Telephone number	01662 245211
Brief description of project	A dual diagnosis group was established following consultation with Community Mental Health Team members and a number of clients were identified as potential members. The first group session took place in Strathroy Hostel in October 1998 and thereafter fortnightly. The sessions were client-led and consisted of advice, education, support, discussions and video viewing. Overall we had a consistent group attendance, half opting for abstinence and half for controlled drinking.
Objectives	<ul style="list-style-type: none"> • To encourage harm minimisation of adverse effects of alcohol misuse through an education/awareness programme. • To recognise the added complications of misuse of alcohol to individuals with schizophrenia or depressive disorder.
Outcomes: Planned	Insight into the effects of alcohol misuse on the condition and treatment of severe mental illness.

Project name	Cause Relative Reach (Carers & Users Support Enterprise)
Contact name	Dr John Darbyshire
Address	2 Castle Village Carrickfergus BT38 7BH
Telephone number	01960 363503
Brief description of project	A modular, flexible and interactive model of support for carers and families of those suffering from severe mental illness, including helpline, local support groups and programmes of carer education.
Objectives	To develop, throughout Northern Ireland, a telephone helpline and a network of support groups for the carers of those with severe mental illness.
Outcomes: Actual	Telephone helpline in North and West, and South and East Belfast Health and Social Services Trust's areas. Support groups in Belfast. Regular educational programmes.
Evaluation	Report available

Mental Health Promotion in Northern Ireland

CATEGORY 6

Project name	Assertive Outreach Nursing Service
Contact name	Mr Liam McCabe, Nurse Team Leader
Address	Armagh and Dungannon Health and Social Services Trust Community Mental Health Team The Mews, 5 St Marks Place Mall East Armagh, BT61 9BH
Telephone number	01861 527776
Brief description of project	The Outreach Nursing Service complements the existing community mental health team within the Armagh and Dungannon Trust. The ethos of the service is to identify patients who suffer from severe chronic mental health problems and who have a history of repeated admissions to hospital. When the criteria are met the Outreach Nurse is able to provide intensive nursing input to the patient and their carer over a specific period of time, that otherwise may not have been possible with conventional services, with the aim that hospital admission may be avoided. Working with clients who are in the acute phase of mental illness, to enable the Outreach Nurse to provide intensive nursing care, mean that case loads are lower than that of the generic Community Psychiatric Nurse, eg approximately eight to twelve client referrals are made to the service from the key worker, then screened by the team-leader. Presently the service is provided by two Grade 'E' staff nurses, one working with each community Mental Health Team within Armagh and Dungannon Trust
Objectives	<ul style="list-style-type: none"> • To have regular contact with the client who is in the acute phase of mental illness, and by so doing, provide intensive support and monitoring to assist the client to remain at home and avoid hospital admission. • To assess, plan, implement and evaluate a programme of care for the individual client, as agreed between Outreach Nurse, client, key worker and carer, where applicable. • To educate the client to promote their mental health and wellbeing, and by so doing improve the client's skills and coping abilities to prevent relapse in the future. • To provide home-based treatments to meet the individual needs of each client, eg medication education, individual relaxation, carers' support, management of stress and anxiety, counselling, involvement in developing leisure activities, maintaining and expanding social skills, advocating and delivering health promotion.
Outcomes: Planned	<ul style="list-style-type: none"> • To maintain the client within their own home environment and provide intensive nursing support. • To prevent, where possible, admission to hospital. • With the involvement of the Outreach Nursing Service it is hoped the crisis will be averted and that the client's mental health will improve. However in cases where hospital admission is necessary, with the existence of the Outreach Nursing Service either before or after admission, length of stay in hospital may be shortened, and admissions become less frequent.

Mental Health Promotion in Northern Ireland

CATEGORY 6

Project name	Mentally Disordered Offenders Pilot Scheme
Contact name	Mrs Jackie Elliot – Senior Clinical Nurse
Address	Knockbracken Clinic Knockbracken Health Care Park Saintfield Road Belfast BT8 8BH
Telephone number	01232 565414
Brief description of project	In 1990, a joint Home Office/Department of Health Circular (circular 66/90) stated that it was Government policy, where public interest considerations allowed, to divert mentally disordered offenders away from the criminal justice system and into the care of the Health and Social Services. Since then, criminal justice agencies and social services in England and Wales have developed a wide range of local inter-agency diversion schemes. Impetus had also been provided by two joint Home Office/Department of Health reviews chaired by Dr John Reed, which had examined the treatment and services provided for people with mental and psychopathic disorders. The aim of this pilot scheme is to provide, for the first time in Northern Ireland, a multi-disciplinary approach to mentally disordered offenders which ensures that such cases are quickly identified within the criminal justice system, assessed and referred to appropriate agencies, whether or not the case is to be prosecuted.
Objectives	<ul style="list-style-type: none"> • To ensure the timely assessment of mental health needs of mentally disordered offenders (MDOs) in the Greater Belfast area. • To reduce unnecessary contact with the criminal justice system by referring MDOs to appropriate service providers in the Health and Social Services. • To help prevent reoffending. • To screen all suspects/defendants in Musgrave Street Police Station or referred to Belfast Magistrate's Court from the designated PACE stations within the Belfast area. • To identify those cases who fall within the referral criteria. • To assess such cases within six hours of initial screening. • To ensure that any complex/serious cases are referred promptly for a multi-disciplinary group assessment chaired by the Consultant Forensic Psychiatrist. • To provide reports and recommendations to police/courts without delay. • To develop protocols with the service providers which ensure a free exchange of appropriate information about the MDOs. • To provide statistical data which satisfies the research requirements.
Evaluation	The scheme will be evaluated in April 2001.

Summary

The aims of mental health promotion are to enhance competence, self-esteem and a sense of wellbeing at the individual level, and to address broader structures and environments that have negative mental health impacts.

We know that major improvements in health can best be achieved through changes in adverse social, environmental and economic conditions. We also know that these same adverse conditions can have a profound impact on mental wellbeing.

Not all of the projects described are about mental health per se, but contribute to the quality of people's lives by seeking to address a number of factors such as discrimination or a lack of opportunity for paid work. The interventions and projects included in this resource demonstrate the practical help which can make a great difference to people's lives.

Approaches used within the projects have objectives relating to:

- promoting social relationships, for example through social skills and assertiveness training as well as communication and relationship skills;
- developing effective coping skills, including problem solving and parenting skills;
- providing social support and making social changes, eg supporting families, home visits, changing attitudes, helplines;
- providing information and awareness that is accessible and timely.

All these approaches have been found to be effective in promoting mental health.

Many of the approaches bring together local agencies and services across sectors in collaborative approaches to meet the needs of communities. A number of projects attempt to identify early problems in order to prevent individual or family breakdown, and consider services or support to help. Giving local people a voice in shaping the services and support provided for them is evident in a number of projects and is essential for building community ownership, networks and trust.

A summary of effective interventions from literature reviews is included in Appendix 1.

It is hoped that by learning about some of the examples of work going on in Northern Ireland, our understanding of the way all organisations and groups can impact on mental health can grow. Mental wellbeing is fundamental to good health and quality of life and must be addressed as part of improving our overall health in Northern Ireland.

Appendix 1: Summary of effective interventions

This appendix contains summary information from the evidence of effectiveness reviews conducted by the following:

Tilford S, Delaney F and Vegells M. Review of the effectiveness of mental health promotion interventions. London: Health Education Authority, 1997.

Hodgson RJ and Abbasi T. Effective mental health promotion: literature review. Technical Report No. 13. Cardiff: Health Promotion Wales, 1995.

Mental Health Promotion in high-risk groups. Effective Health Care Bulletin. University of York, NHS Centre for Reviews and Dissemination, 1997.

Summary of effective interventions

Broadly similar approaches across the spectrum of mental health promotion have been found to be effective. These include:

- promoting good social relationships, for example through social skills and assertiveness training as well as communication and relationship skills;
- developing effective coping skills. These include problem solving skills, cognitive skills and parenting skills;
- providing social support and making social changes: examples include changing school attitudes regarding bullying, home visits from health workers to support new parents, supporting bereaved families and supporting widows;
- the evidence also suggests that mass media campaigns supported by community activities can have a measurable impact on knowledge, attitudes and behavioural intentions.

A meta-analysis of this research leads to the following conclusions which can help in identifying priorities for mental health promotion:

Infants and pre-school children

There is very good evidence that providing a home-based intervention to high-risk families/children can result in better family management, fewer developmental delay and behaviour problems. These interventions provide social support and focus upon parent-child interactions.

School-age children

A number of effective school-based programmes have been developed which can be universally applied across a particular age group. These programmes focus upon improving social and cognitive competence as well as reducing substance misuse and aggressive behaviour.

Once a behavioural problem has been identified there are a number of school-based interventions which can reduce aggressive behaviour, improve school performance and reduce delinquent behaviour. The interventions focus mainly upon social relationships, approval for good behaviour and some parental involvement.

Mental health problems in children which result from a family bereavement or divorce can be reduced by programmes which focus upon dealing with feelings of loss, conflict or anger.

Adult and elderly populations

Separation and divorce can lead to a number of severe mental health problems. There is evidence that a mental health promotion intervention can reduce psychiatric symptoms even in the longer-term.

Caesarean delivery can lead to postnatal depressive symptoms. A relatively brief intervention can reduce psychological problems, reduce medication and enhance attachment between parents and baby.

Home visiting programmes which focus upon parenting skills and the prevention of psychological problems in children also result in better mental health outcomes for mothers.

There is evidence that those who care for people who are elderly, disabled or mentally ill can be helped to reduce the level of stress that they experience.

People who are unemployed can be helped to deal with feelings of helplessness and depression and their chances of finding a job can be increased.

Newly widowed women can be helped to start up new activities and social relationships as well as reduce levels of depression.

People experiencing either a severe or a less disabling mental health or behavioural problem

Moderate levels of depression can be reduced either through aerobic exercise, cognitive-behaviour interventions or social support.

Some alcohol-related problems can be improved through brief interventions which focus specifically on motivation to change.

More severe alcohol-related problems can be reduced by approaches which focus upon coping skills, social skills and community involvement.

Family interventions for schizophrenia have been shown to be effective in preventing relapse and subsequent hospital admissions.

Targeting high-risk groups

There is reliable evidence of a range of interventions which can be effective in promoting mental health and preventing mental health problems in identifiable high-risk groups. The Effective Health Care bulletin: Mental Health Promotion in high-risk groups (June 1997) presents the findings of a systematic review of research in mental health promotion among certain vulnerable groups. It offers some promising findings which suggest that, through collaboration with other agencies, health authorities, primary healthcare teams and service providers can make an impact in this area.

A significant number of people who live in poor socioeconomic or environmental circumstances or experience adverse life events (such as bereavement or unemployment) are at increased risk of experiencing poor mental health or developing mental health problems. The Effective Health Care bulletin focuses on a number of these high-risk groups and identifies a variety of effective interventions which can promote mental health, and thus, for example, improve self-esteem and reduce levels of anxiety and depression.

High-risk groups

Children who are:

- living in poverty;
- exhibiting behavioural difficulties;
- experiencing parental separation or divorce;
- within families experiencing bereavement.

Adults who are:

- undergoing divorce or separation;
- unemployed;
- at risk of depression in pregnancy;
- experiencing bereavement;
- long-term carers of people who are highly dependent.

Effective interventions for children at risk

Since childhood mental distress is strongly predictive of poor mental health and social outcomes in adult life, preventive interventions for children may bring long-term psychological, social and economic benefits.

Home-based social support visits and training in childcare skills for new parents are effective.

High-quality pre-school and nursery education can be effective in improving self-esteem, social behaviour and educational outcomes in children from disadvantaged communities. Children exhibiting behaviour problems at home or at school may benefit from a range of interventions, including school-based social skills programmes and training for their parents in specific parenting skills.

Workshops which provide emotional support, cognitive skills training and explore issues relating to grief and loss can reduce mental distress in children of separating parents or following the death of a parent.

Effective intervention for adults at risk

Specific interventions can help adults adjust to adverse life events such as job loss, divorce or bereavement. High-quality programmes for the unemployed can reduce the psychological impact of job loss and promote re-employment. But implementing these initiatives requires pro-active, cross-sector co-ordination. Notice of large-scale redundancies should, for example, trigger action on the part of local health authorities, social services, adult education and employment agencies.

A substantial body of literature has considered ways of safeguarding or improving the psychological wellbeing of people caring for highly dependent children or adults. Respite care and some forms of psychological support have been found to be effective in reducing the high levels of mental strain which often go unrecognised in informal carers. Advocacy schemes may improve access to these services.

There has been a rapid growth in the employment of counsellors, particularly within primary care. There is, however, little evidence that generic counselling alone produces sustained benefits, although cognitive behaviour therapy is an important component of several of the effective interventions identified.

More consideration needs to be given to the scope and effectiveness of specific forms of counselling and the skills of counsellors before the service is extended too widely.

The review related to high risk groups indicates that a wide range of health professionals and supervised lay volunteers can play an important role in providing effective mental health promotion services, in addition to those provided within mainstream mental health services.

Members of the Primary Health Care Team (for example, community and practice nurses) are well placed to identify people who are at high-risk of developing mental health problems. Comprehensive directories of local services and facilities would enable those providing services to direct vulnerable people to additional sources of support and information, including self-help, user groups and services provided by the voluntary sector.

The review stated that health services should consider using the findings of this review to inform their commissioning in areas which contribute to mental wellbeing. To be effective and efficient, interventions will require active coordination across disciplines (such as midwifery and health visiting) and between a variety of agencies. A formal mechanism for establishing and monitoring cross-sectoral collaboration is needed to ensure effective joint working between health, social, education, employment and voluntary services.

Acknowledgments

The Health Promotion Agency for Northern Ireland is indebted to all those who contributed information for the database.

The extensive work undertaken by Health Promotion Wales and the Health Education Authority, London has informed this document. We gratefully acknowledge the enormous contribution their work has made to our efforts.