

# Interventions for Mental Health in Everyday Practice

# IMHEP

**A training programme to develop  
the skills of frontline staff**

IMHEP is a new two day training course to develop 'psychological awareness' for those working with vulnerable individuals. The course develops practical skills in identifying and responding to distress effectively, using a structured model of care.

- Does your organisation engage with people who experience poor mental health?
- Could your staff have more success in their role through learning how best to help their clients manage their mental health?

If so, consider IMHEP training for your staff..

**Please turn the page to find out more information**

## The courses are free of charge to participating organisations.

### Who is the Programme for?

It is estimated that at any one time one sixth of the population will be experiencing a mental health problem. Greater Manchester has much higher levels of poor mental health, some areas having twice the prevalence. Feelings of depression, anxiety and other emotional difficulties are very common and can lead to unemployment, isolation, family problems, poor health and difficulties coping. The majority of people with such problems may not want or need access to specialist mental health services, or may not meet criteria for access to them. Consider Sarah and Carl for example,

*Sarah Bates, is 20 years of age, she has received notice from her landlord as he plans to sell the property she is living in. She has telephoned her local 'Housing Department' on two occasions and has arranged to go down to speak to a Housing Officer, but has missed both appointments with the reason that she 'can't get out of the house'. It transpires that Sarah has been feeling increasingly anxious for the last 2 years and spends much of her time at home where she lives with her 4 year old daughter. She hasn't worked since leaving school and is struggling to cope with day to day responsibilities such as organising her money, paying bills and sorting out a growing debt. She is fearful she will soon become 'homeless'.*



*Carl Michaels is 40 years of age and has recently been referred to an 'exercise on prescription' project by his GP because he has a chronic health condition which led to him losing his job 2 years ago. He has joined a walking group led by a Community Health Trainer, he often appears moody and short tempered in the group and complains that he is sick of being passed from 'pillar to post' by organisations that are meant to help him with his son who has behavioural problems. He tells the Health Trainer that he is frequently 'flying off the handle' and isn't sleeping well, he wakes in the night and then can't get back to sleep again. He has been feeling low and agitated for the past 2 years. He has lost weight and is avoiding family and friends.*

Many local organisations have staff who are engaged with vulnerable people such as Sarah and Carl on a day to day basis as part of their work. The IMHEP Programme is designed to enable them to help their clients to help themselves towards better mental health, building on existing skills and their engagement with the client.

The training will be most suitable for those organisations able to put forward a number of staff for training together in order to develop a team approach based on a shared model of care. Organisations may also seek training for individuals or smaller numbers of staff through advertised open courses.

## **Content of the Training**

The course will provide participants with:

- An understanding of mental health and how people express their emotions and distress.
- A structured brief assessment for mental health problems.
- Awareness of the boundaries and limits to their role.
- Ability to identify steps towards client's self management using a problem solving approach.
- An understanding of risk and how to manage it.
- Knowledge of a range of self help resources.
- A range of skills to signpost people to other services for advice, 'next steps' and opportunities for supported self help.
- A resource pack to support their learning and implementation in practice.

The programme combines taught elements with practical skill development. Participants will practice their skills using 'tailored' case scenarios with time given to discuss the application of these skills within their individual organisation.

## **Learning Outcomes.**

Participants will be equipped to:

- Identify people vulnerable to poor mental health or experiencing mental health problems.
- Approach such people with increased confidence, support and empathy.
- Use a structured model of emotion to enhance shared decision making with their clients, as part of their day to day work.
- Maintain positive and helpful responses, enabling their client to help themselves.
- Have a working knowledge of self help resources and additional support networks for the people they work with.
- Incorporate 'psychological awareness' in their day to day work role.

## **Who Provides the Training?**

This course is delivered by locally recruited trainers who have completed a 'training the trainers' programme with EDTA, a mental health training agency located within the University of Manchester, School of Nursing, Midwifery and Social Work. The course is based on the 'SCAN'© (Screening, Care, Advice, Next steps) model for training developed by leading national experts in Primary Care. This initiative is managed by public mental health specialists in Manchester and Stockport Primary Care NHS Trusts and is part of a range of measures by the local NHS and its partners to prevent the high incidence of mental ill health in the population and ameliorate its social effects. It is a new programme that will be evaluated for its impact in partnership with EDTA, The University of Manchester.

## **What is Asked of Participants and Participating Organisations?**

- Participants are required to attend the full two day's training and take part in all activities. They will also be asked to attend a brief follow up meeting after 3-6 months to discuss their use of their learning in their professional practice.
- Participating organisations will be expected to support the participants fully in attendance at training and in implementing learning.
- Participants and participating organisations will be asked to provide structured feedback on the suitability and usefulness of the programme.

## **How to Get Places on the Course**

We welcome interest from organisations where staff are routinely encountering vulnerable people experiencing emotional distress. It is intended that the timing and some aspects of the content of the courses may be flexible to organisations' requirements. Organisations should contact the course manager in their area to discuss their requirements. Dates for course open to individual applicants will be advertised on [www.mphds.org/mphds/mental-health/mental-health.html](http://www.mphds.org/mphds/mental-health/mental-health.html).

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Public Health Development Service



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