

Interventions for Mental Health in Everyday Practice (IMHEP)

Participants' Introduction to the Training Course

Mental Health in Everyday Practice

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 this 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. Many people with such problems may not want or need access to specialist mental health services, or may not meet criteria for access to them.

Many local organisations have staff who are engaged with vulnerable people 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 effective engagement.

The IMHEP Programme

IMHEP is a two day course. It is managed by NHS Manchester and NHS Stockport using a course design originated by Edta (Education, Development and Training Agency) at the University of Manchester, School of Nursing, Midwifery and Social Work.

Aims and Learning Outcomes of the IMHEP Programme

Participants will:

- feel more confident in their judgements about how best to support people with mental health problems/emotional distress
- be able to deliver their organisation's services more effectively for people with mental health problems/emotional distress
- be able to use a brief, flexible structured interview to gather key information relevant to a client's mental health problems/emotional distress
- have an enhanced appreciation of risks for their clients and increased confidence in responding to difficult situations
- be better able to help clients in becoming clearer about their problems and strengths, decide on their next steps and have an increased awareness of local resources to support them

IMHEP offers a distinctive approach to understanding mental health.

- It does not aim to define mental health problems in terms of specific disorders such as 'depression' or 'anxiety', as many people will use other language to describe how they are feeling.
- It provides a model of understanding emotion that isn't restricted to narrow definitions, but is based on common human experience which is not stigmatised or too specific to a cultural tradition. This model provides the opportunity for people to define their mental health problems in their own way and in so doing receive help to access the most appropriate and most acceptable support and/or advice.
- A person's mental health problem may be only one part of a complex set of circumstances. This approach to mental health acknowledges the significance of their environment, relationships and practical concerns as integral to understanding psychological distress.

As a consequence of this 'person centred' approach to care, it is the individual who defines their problem. This ensures that IMHEP is applicable to supporting engagement with a broad range of people; e.g. those who have an identified mental health problem or "condition", those who do not but are nevertheless experiencing mental distress and people whose low levels of mental wellbeing limit their life satisfaction and personal/social functioning.

IMHEP advocates positive approaches to understanding human emotions and experiences. It offers the individual a structure to 'map' and understand their problems, whilst providing options for 'self management' through problem solving and access to a variety of resources.

Participants will practise their skills using tailored case scenarios with time given to discuss the application of these skills within individual organisations.

IMHEP Trainers

In order to implement IMHEP we have recruited highly skilled and experienced mental health practitioners and people from a range of other public organisations who have an interest in the IMHEP initiative and experience of implementing skills based training. In agreeing to be part of this initiative trainers have attended and successfully completed the IMHEP 'Training the Trainers' programme

What is asked of Participants and Participating Organisations?

Participants are required to attend the full two day training and take part in all activities. Participants are asked to meet for a further half day session in order to reflect back on the training, what they have learned and what they have been able to put into practice. This session will be scheduled by negotiation and will take place between 3 and 6 months after the two day training.

Participating organisations are required to support their staff's attendance and full participation in the programme.

Participants and participating organisations are asked to take part in the evaluation of the programme in order to ascertain IMHEP's effectiveness in assisting frontline staff in responding effectively to people vulnerable to mental health problems as part of their day to day practice.

Training Manual

Participants will be provided with training packs that include timetables for each of the training days, all presentation and course activity materials and references for further information.

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To view evaluation reports for previous IMHEP training programmes, visit www.mphds.org , mental health pages.

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