

Promoting Positive Practice in Mental Health and Physical Health

30th November 2012, 12.30-4.30pm
BlissAbility, 36 New Green Street, Laygate. NE33 5DL

This programme has been developed for people providing physical health services across Sunderland and South Tyneside. It is intended to increase the knowledge, confidence and competence to enable more effective engagement when working alongside those with severe mental health problems on their physical health needs.

This training has been developed, and will be delivered, with local service user and carer groups in response to research commissioned by Public Health Commissioners in South Tyneside and Sunderland.

Programme overview

- Explore how our life experiences shape and form our ideas, beliefs and views of mental illness
- Explore some facts on mental illness and increased physical health problems
- Raise awareness of the multiple disadvantages that people with severe mental illness may face
- Raise awareness of the co-morbidity of severe mental illness and physical illness
- Clarify definitions of some of the common forms of severe mental illness
- Identify how you and your team can more successfully engage with people with severe mental illness
- Identify how you and your team can make an impact on improving the health and wellbeing of people who have a severe mental illness
- Provide you with an information pack for further reading to enable you to base your practice on policy, guidance and research evidence on severe mental illness and physical health and wellbeing.

Course content:

Welcome and introduction	20 mins
Programme overview and expected outcomes	
Ground rules	
Pre-course questionnaire	
Group Exercise	30 mins
Window on the World	
What life experiences have helped you shape your ideas about mental illness	
Group Exercise	20 mins
Myth busting and stigma relating to mental illness	
The Mental Health Continuum	15 mins
Break	20 mins
Presentation	30 mins
The facts about mental illness and its relationship with physical illness	
Presentation and discussion	30 mins
What is severe mental illness?	
Definitions of the most common forms	
Group Exercise	45 mins
Case study	
Open discussion	
Team Discussion	20 mins
What has this training made you individually or as a team think about?	
What actions do you wish to take forward as a team?	
Who wants to be your team mental health champion?	
Post-course questionnaire	5 mins

Duration: 4 hours

How to book

This training is free of charge and this session is specifically targeted at members of the South Tyneside Smoking Cessation Service.

To book a place on this course contact Paul Johnson:

email paul.johnson@nemhdu.org.uk or telephone 07919 173917.

Numbers are strictly limited and bookings will be accepted on a first come, first served basis.

Closing date for bookings: 27.11.12