



## **Acknowledgements**

## **Background and Context**

## **Healthy Minds: The Policy Landscape**

## **Healthy Minds Sessions**

- Aye Mind: Digital Approaches to Youth Mental Health
- Basic Mental Health Awareness (Adult)
- Basic Mental Health Awareness (Child and Youth)
- Body Image
- Emotional Literacy
- Loneliness and Isolation
- Long term conditions
- Loss and Grief
- Maternal Mental Health
- NHSGG&C Healthy Minds Adult Mental Health Improvement Framework
- NHSGG&C Child and Youth Mental Health Improvement and Early Intervention Framework
- One Good Adult
- Resilience
- Sleep

## **Handouts**

- Protective Factors
- My World Triangle
- Adult Mental Health Supporting Resources
- Child and Youth Mental Health Supporting Resources

## **Appendices**

1. NHSGG&C Mental Health Training Pathway
2. Reflective practice tool
3. References

A USB stick containing electronic copies of all sessions, handouts and Powerpoint presentations is attached to the inside cover of this resource



# Acknowledgements

**Thanks to the following people for their time and expertise in developing the Healthy Minds resource pack:**

- Michelle Guthrie: Health Improvement Lead Mental Health (NHSGG&C)
- Heather Sloan: Health Improvement Lead Mental Health (NHSGG&C)
- Ann Logan: Health Improvement Practitioner (North East Sector, Glasgow HSCP)
- Tracey McKee: Subject Specialist Librarian (Mental Health/Addictions/Diagnostics - NHSGG&C)
- Alun Bevan: Graphic Design & Print Team Manager (Medical Illustration - NHSGG&C)

**Thanks to the following people for their contributions:**

- Cheryl Glancy: Health Improvement Senior (NHSGG&C Mental Health Improvement Team)
- Paul Lafferty: Health Improvement Senior (South Sector, Glasgow HSCP)
- Susan Hearty: Health Improvement Practitioner (South Sector, Glasgow HSCP)
- Jane Kelly: Health Improvement Senior (Renfrewshire HSCP)



# Introduction

## Background and national context

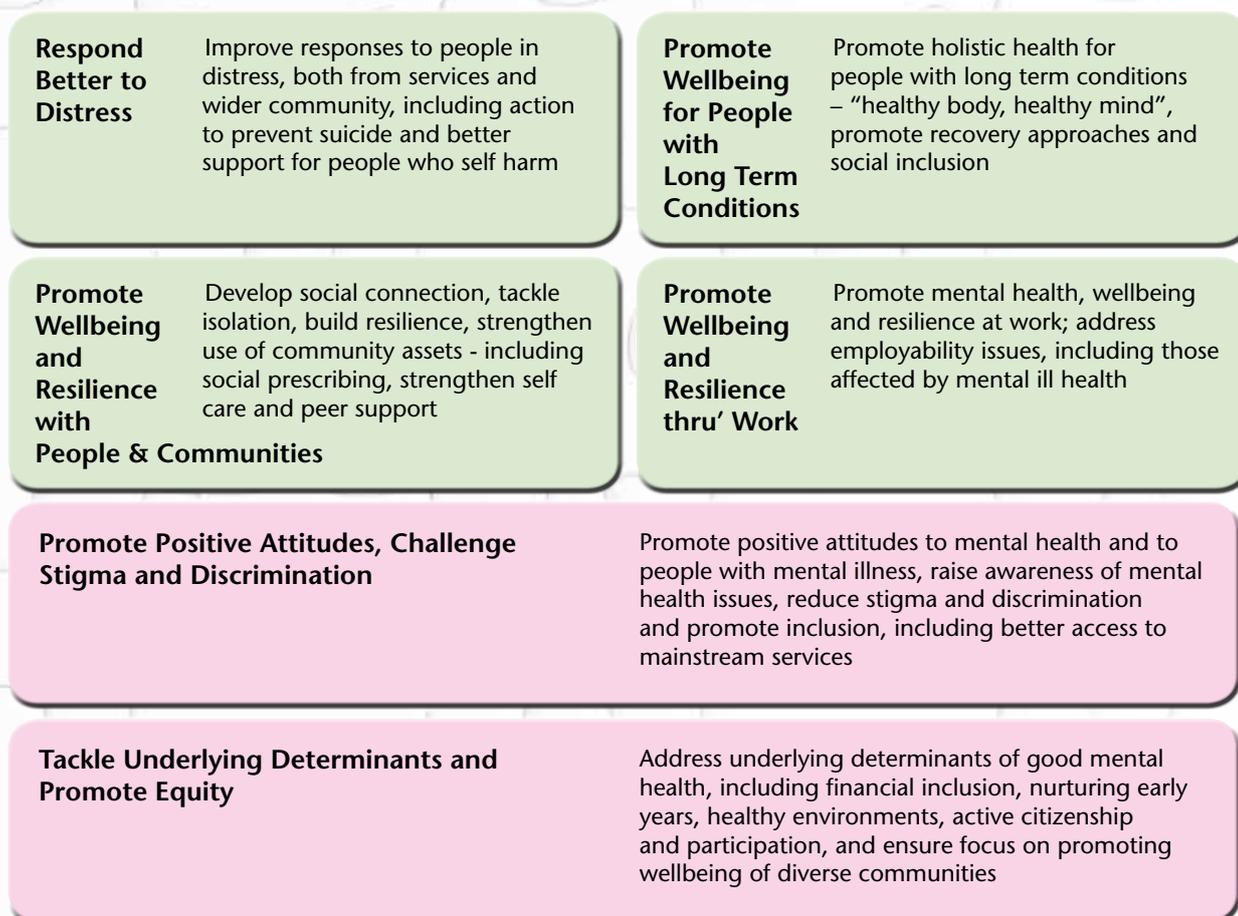
It is reported that 1 in 4 adults<sup>1</sup> and 1 in 10 young people<sup>2</sup> will experience mental health issues in any given year. Improving mental health and wellbeing is a priority action area and there is significant momentum for enhanced responses to mental health issues as evidenced with the publication of Mental Health in Scotland – a 10 year vision<sup>3</sup> and the Director of Public Health Report – Healthy Minds (2017-2019)<sup>4</sup>. NHS Greater Glasgow & Clyde have also developed mental health improvement and early intervention frameworks (Fig 1 & 2), both of which brings together the full range of activity that has been demonstrated as having value in the promotion of good mental health for children, young people and adults. The strategy and policy developments highlight the importance of prevention, early intervention and recognise that recovery is possible with the right support and resources.

**Fig 1. NHSGG&C Child and Youth Mental Health Improvement and Early Intervention Framework**



*This strategy is underpinned by tackling poverty, disadvantage & inequalities as well as having GIRFEC core values and principles at the heart of it.*

**Fig 2. NHSGG&C Adult Mental Health Improvement Framework: Healthy Minds**



## Development of Healthy Minds

Healthy Minds aims to promote a basic awareness and understanding of mental health and topics that are associated with and can impact on mental health and wellbeing such as sleep and long term conditions. The resource pack has been developed to support implementation of the NHSGG&C mental health improvement and early intervention frameworks for children and young people and adults. The demand for mental health training combined with the challenge of releasing staff to complete training highlights a clear need to explore alternative options that offer flexibility and accessibility to those wishing to increase their knowledge in mental health.

By creating a culture where everyone has a basic awareness of mental health and wellbeing it can help eliminate stigma and discrimination and develop a more understanding society which values mental health equally alongside physical health.

## How to use Healthy Minds

Healthy Minds is a flexible resource pack that can be accessed and delivered by anyone with an interest in mental health. It comprises fourteen mental health themed topic sessions each lasting approximately 1.5 hours, designed to provide a basic awareness and understanding of mental health. It is not compulsory that all sessions are completed or in any specific order, however the basic mental health awareness session is a good starting point especially for participants with no or very little knowledge of mental health.

Each topic comes with a session plan, facilitator's notes, Powerpoint presentations and handouts. These are provided in print, PDF format on the USB stick attached to the cover, or can be downloaded from

<http://www.nhsggc.org.uk/about-us/professional-support-sites/child-youth-mental-health/>

Sessions can be adapted to suit the needs of those working with children, young people and adults. All sessions are interactive to aid participant learning. Topics include:

- Aye Mind: Digital Approaches to Youth Mental Health
- Basic Mental Health Awareness (Adult)
- Basic Mental Health Awareness (Child and Youth)
- Body Image
- Emotional Literacy
- Loneliness and Isolation
- Long term conditions
- Loss and Grief
- Maternal Mental Health
- NHSGG&C Healthy Minds Adult Mental Health Improvement Framework
- NHSGG&C Child and Youth Mental Health Improvement and Early Intervention Framework
- One Good Adult
- Resilience
- Sleep

It is recognised that facilitators will come with varying degrees of knowledge and skills and some may want to expand and develop sessions further. Likewise participants may want to further develop their mental health knowledge following completion of a session and facilitators should signpost them to formal training courses. Details of these are included within the resource pack (Appendix 1).

## General Facilitators Notes

Remember these are introductory sessions and do not offer opportunity for detailed discussions. Participants wishing to explore mental health and associated topics in more detail can be signposted to more formal training courses.

- Always be prepared in advance for sessions. Ensure IT (if using) is arranged and all resources are printed and photocopied.
- Utilise the facilitator's notes to keep the session structured and on time.
- Sessions are interactive and can be tailored to meet the needs of different audiences.
- When using the slides, read through each point on the slide. This ensures participants are directing their attention to the point under discussion.
- The number of participants recommended for group work activities is 4-6.
- When group work commences, interact with all groups to ensure they have understood instructions and are on task.
- Ensure that you access and provide a space that is conducive to group work activities.

## Keeping Safe

Facilitators should always set the ground rules for discussion at the start of each session to create a safe and open environment. Although sessions provide a basic awareness of mental health and associated topics, this can be a very emotive issue. During the sessions all participants should be supportive and respectful of others. If the content of any of the sessions give rise to any concerns, anxieties or worries, participants should be encouraged to speak to someone or seek advice. There is a list of available supports and help lines included as a handout.

## Self-care activity

It is recommended that all sessions end with a self-care activity to promote and encourage participants to look after their own mental health and wellbeing. An example is included at the end of each of session however facilitators can opt to use their own self-care activity.

## Evaluation

There is no formal evaluation included within the resource pack. Participants can complete a reflective practice tool (Appendix 2) to encourage them to consider how they intend to translate learning into practice. However facilitators can opt to use their own evaluation tools and methods.

A final note, mental health is everyone's business and the Healthy Minds resource pack is not intended to make people experts in mental health but to develop a basic awareness and understanding of mental health across a wide range of staff, service providers (statutory and voluntary sectors), service users and volunteers.

### Curriculum for Excellence

Successful learners  
Confident individuals  
Effective Contributors  
Responsible citizens

**HWB organiser**  
Mental, emotional,  
social and physical  
health

### Indicative Knowledge Skills and Framework Links

Core 1: Communication  
Core 2: People and Personal development

### Public Health Competencies

B2.1 Influence and co-ordinate other organisations and agencies to increase their engagement with health and wellbeing, ill-health prevention and health inequalities  
B2.5 Connect communities, groups and individuals to local resources and services that support their health and wellbeing  
C1.1 Act with integrity, consistency and purpose, and continue my own personal development

### Getting it Right for Every Child

Safe  
Healthy  
Achieving  
Nurtured  
Active  
Respected  
Responsible  
Included



### Youth worker outcomes

Young people are confident, resilient and optimistic for the future  
Young people manage personal, social and formal relationships  
Young people broaden their perspectives through new experiences and thinking

### National Health and Wellbeing outcomes

People are able to look after and improve their own health and wellbeing and live in good health for longer  
Resources are used effectively and efficiently in the provision of health and social care services