

GWENT
Connect

Mental Wellbeing in Everyday Practice



Making every contact count

for mental
wellbeing



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Gwent Connect 5 Training Programme

Gwent Connect 5 is an evidence-based workforce training programme. Gwent Connect 5 provides the wider non-mental health workforce with knowledge, skills, and confidence to have everyday conversations about mental health and well-being, including suicide prevention.

This programme has been commissioned and is tailored for delivery in Gwent. It is an essential component of the Gwent Enhanced Foundation Tier project which aims to reduce health inequalities in mental health and well-being, alongside improving population mental health and well-being. The Gwent Connect 5 training programme prioritises and actively targets organisations whose staff provide support to people at greatest risk of poor mental well-being.

The programme is being rolled out across Gwent through a cascade training ('train the trainer') model. Trainers are being sought from local organisations whose staff currently deliver, or are willing to deliver, as part of their role, training to peers and partners. The Gwent Connect 5 training programme provides trainers with free training and resources to deliver peer training and an ongoing support network. This sustainable model will promote easy access to free training across Gwent, to upskill our workforces to have everyday conversations about mental health.

More about Connect 5 Model?

Connect 5 is an evidenced based collaborative prevention toolkit that promotes psychological knowledge, understanding and awareness and the development of skills, which empower people to take proactive steps to build resilience and look after themselves.

Connect 5 has been developed by a unique partnership of academic, clinical, and public mental health expertise based in Greater Manchester. The program has been designed to support practice change for anyone in a helping role.



The **what** of connect 5

Bringing wellbeing into everyday practice for the whole public facing workforce.



The **how** of connect 5

Empowering people to change through collaborative practice and evidenced based psychologically informed tools.

The **why** of connect 5

Understanding mental health and wellbeing as an everyday experience whom everyone has the skills to understand and change.



HOW IT WORKS

Connect 5 is an incremental three-session programme, escalating skills through each session. The programme underpins the principle of 'Making Every Contact Count' and supports the aim of making the best use of the skills and local contacts of frontline staff. Some staff will just undertake session 1, some session 1 & 2 whilst others go on to do all three sessions.



	What will it cover?	Who is this for?
Stage 1 Brief Advice	Develop your core understanding of mental health, mental wellbeing and how to signpost to local services and resources that enable people to help themselves.	Anyone with an interest in improving mental wellbeing whose role involves interaction with the public, or anyone who has the opportunity to give brief wellbeing advice.
Stage 2 Brief Wellbeing Intervention	Build your skills and confidence to work with and improve the mental health and wellbeing of others. Including, how to support greater insight into experiences of stress and distress and how to help people take first steps to make themselves feel better.	Those with the opportunity, through their working practice, to engage in brief interventions.
Stage 3 Integrated Wellbeing Intervention	Advance your skills to work collaboratively with clients to create an action plan and integrate brief interventions to motivate and support people to make changes that last.	Those with the opportunity, through their working practice, to engage in brief interventions over an extended period of time.

Gwent Connect 5 Stage 1 for participants

Brief mental health and wellbeing advice. Aims to raise awareness of how you can support mental health and wellbeing within your everyday practice the intended outcome of session 1 is to change the way we have mental wellbeing conversations so that we are confident and skilled to have brief conversations in which we help a person think about ways they can take action to improve their mental wellbeing.

The purpose of this session is to:

- Extend participants skills and confidence to have mental wellbeing conversations within everyday practice
- Explain two public mental health models so that they can be used to frame mental wellbeing conversations
- Describe the 3 Cs of connected conversations
- Locate mental wellbeing services and resources in your area

This session focusses on conversations in which you suggest ways a person can take action to improve mental wellbeing. These conversations can include brief wellbeing advice such as “have you thought of looking at any self-help materials?” This behaviour assumes that you might not have opportunity in terms of your role or time to go a step further and, together with the person, develop a shared understanding of their mental health and wellbeing needs

This session is practical and interactive, involving a PowerPoint presentation, large group discussion, small group work and exercises in pairs.

Gwent Connect 5 Stage 2 for participants

Brief mental health and wellbeing intervention. Aims to develop your skills and confidence to recognise mental health and wellbeing needs and to make effective interventions to improve mental health and wellbeing

This session provides opportunities to gain greater insight into experiences of stress and distress and explores how to help people take their first steps to feeling better. Participants will gain confidence and skills needed to help others improve their mental health and wellbeing

The intended outcome of session 2 is to change the way we have mental wellbeing conversations so that we can have conversations in which we and the person we are talking with develop a shared understanding of their mental wellbeing needs.

The purpose of this session is to:

- Apply the five areas model to a wellbeing conversation
- Practice the 3Cs of connected conversation
- Assess the nature and extent of the mental wellbeing issue being presented to ensure people get the right help at the right time
- Identify steps that can be taken to improve mental wellbeing
- Locate services and resources that support people to improve mental wellbeing

This session focuses on conversations in which you and the person you are talking to develop a shared understanding of that person's wellbeing needs. These conversations include brief mental wellbeing interventions. This goes beyond the brief wellbeing advice covered in session 1. These conversations provide a framework for a person to understand why they feel like they do and what action they can take for themselves to feel better.

This session is practical and interactive, involving a PowerPoint presentation, large group discussion, small group work and exercises in pairs.

Gwent Connect 5 Stage 3 for participants

Extended mental health and wellbeing intervention. Aims to develop your knowledge, skills, and confidence to use a range of strategies and interventions which effectively support people to take positive steps to improve their mental health and wellbeing.

This session will advance your skills to work collaboratively with clients to create an action plan and integrate brief interventions to motivate and support people to make changes that last. The intended outcome of session 3 is to change the way we have mental wellbeing conversations so that we have conversations that empower a person to make changes that address their mental wellbeing needs.

The purpose of this session is to:

- Explain several strategies and techniques that break the vicious cycle at each of the five areas
- Apply strategies and techniques relating to each of the five areas
- Practice implementing self-management strategies to support successful change processes
- Practice working collaboratively to set goals
- Incorporate self-management strategies and resources into everyday practice.

This session focuses on conversations in which you use appropriate methods to empower a person to make changes that address their mental wellbeing.

These conversations work with someone to help them gain insight into actions that might help them to address their mental wellbeing.

This session is practical and interactive, involving a PowerPoint presentation, large group discussion, small group work and exercises in pairs



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