



MENTAL HEALTH PROMOTION AND PROTECT LIFE: SUICIDE PREVENTION STRATEGY

PROPOSALS FOR INVESTMENT -07/08

EASTERN AREA INVESTING FOR HEALTH PARTNERSHIP



INTRODUCTION

Under the **Mental Health Promotion** Strategy and Action Plan 2003-2008, £208,000 has been allocated by the DHSSPS to EHSSB on a recurrent basis. The majority of these resources have now been allocated on a recurrent basis using the mechanism of the Community of Interest (COI) structure established within the EHSSB area (see process below). Resources available non-recurrently for 2007-08 have been included in the tables below.

The DHSSPS has also allocated £785,080 to the EHSSB for the implementation of The Protect Life: **Suicide Prevention** Strategy - £598,650 recurrently, 15,000 non-recurrently (administration purposes) and a ring-fenced non-recurrent allocation of £171,430 for North & West Belfast. The SMT has agreed to distribute these resources via the Investing for Health Partnerships and the existing Community of Interest structure for Mental Health & Emotional Wellbeing (MHEWB) (see below).

PROCESS

There are four communities of interest based in the localities of Down Lisburn, North Down & Ards, South East Belfast & Castlereagh and North & West Belfast. An over-arching MHEWB COI is in place at EHSSB level and in 2006-07 a sub-group at Eastern level of the Regional Suicide Strategy Implementation Board was established. The local communities of interest consist of representatives from statutory, voluntary and community organisations who meet on a regular basis to seek opportunities for joint working, review/updating/prioritising the local action plans and identifying needs/gaps in service provision. The proposals brought forward in this document reflect the strategic priorities at regional, board and local level.

Recommendation

Anne Lynch

Date: _____

DOWN LISBURN LOCALITY

Proposals for investment - 2007-2008 - Mental Health Promotion & Suicide Prevention

ROLL-OUT/EXTENSION OF CURRENT SERVICES FOR 2007-2008			
Organisation/ Partner	Lead Person and contact details	Project/Proposal	Investment
SET	Melanie McClements, SET	Mental Health Promotion Coordinator Post for locality development of MHP agenda and work of the Community of Interest	£33,363
SET	Desi Bannon , SET	Suicide Prevention Coordinator for locality development of Suicide Prevention and Intervention agenda and work of the Community of Interest	£39,000
Youth Mentoring Support	Mulholland Aftercare Downpatrick	Provision of youth mentoring service in the Down sector and extension to the end of March 2008	£18,750
Floating Support Service Colin	Mulholland Aftercare Colin	Provision of floating support service for young people in the Colin area until end of March 2008	£10,350

Organisation/ Partner	Lead Person and contact details	Project/Proposal	Investment
Contact Youth	Carrie Montgomery	Extension of counselling and support service for 11- 25 year olds across the locality until end of August 2007.	£21,376
Early response support	Cruse Bereavement Care	Continuation of individual counselling and support to those bereaved by suicide until March 2008	£5,375

ADDITIONAL SERVICES FOR 2007 – 2008

SET	Esther Lynch	Provision of 4x 1 day Mental Health Promotion Training Programmes Development of programme to promote mental health promotion within workplaces Roll-out of the Mind Out post primary schools project with a further 20 teachers Public Speaking Competition for schools on Mental Health and wellbeing	£8,500
Tracy Millar Anne McLarnon Gillian Gibson	Tracy Miller Stewartstown Rd Health Centre	Development of a self help group for women: focus group with women, lunch, aromatherapy, training for group leaders	£1,000
EDRCN Newcastle	Mary McManus EDRCN	Personal development programme with young women's group (12 girls) in Newcastle focusing on body image and self esteem provided by Eating Disorders Network 8-10 week programme	£500

CAUSE	Brenda McFall or Peter McCabe	Reprint of Carers Information Guide: 500 copies	£2,250
NIAMH	Janet Rodden Education Department NIAMH Beacon House 80 University Street BT7 1HE	2 day training session for 20 people covering: introduction to mental health issues, key skills in supporting people with mental health problems and understanding of the three most common mental health problems	£1,500
Mental Health Promotion Conference for Learning Disability	Maurice Devine Nurse Consultant (Learning Disability) SET	Mental health and learning disability day conference aiming to develop a mental health promotion strategy for the SET with statutory, voluntary and community groups	£2,000
Una Boyd	Una Boyd Lisburn Health Centre Community Mental Health Team	Production of self help guides on audio	£300
Down District Volunteer Centre	Clare McGuinness Down District Volunteer Centre 31a St Patrick's Avenue Downpatrick BT30 6DW	Development of a best practice guide for volunteering aimed at assisting work with volunteers who have mental health problems and may be at risk of suicide or self harm	£2,040

EDRCN	Pauline O' Flynn in partnership with The Shout Project	4 week programme to follow up pilot project in Downpatrick with LGBT young people. Target group 10-15 young people aged between 16-25 years	£500
Jim Deeds and Michelle Kavanagh	Esther Lynch, SET	Self harm training and policy development: 2 day training for 20 people from C of I and further ½ day policy development workshop.	£1,800
Critical incident debriefing training	Pat McGreevy, SET	Provision of training for individuals involved in managing/addressing suicide	£5,500
EDIFHE	Lorraine Girvan	Training 10-12 people to provide mentoring support to 2 people with mental health problems to enable them to start employment.	£2,000
ASIST courses in area 07-08	Pat McGreevy, SET	6 workshops for the locality each with 24 people	£6,000
Training for Key Workers	Pat McGreevy, SET	Children bereaved by suicide, training for workers to work with children bereaved	£2,000

Training for Key Workers	Pat McGreevy, SET	Assessment training for local suicide bereavement support groups to determine readiness for the group	£2,000
Ethnic minority Project	Maureen Bruce, SET, LHC	Focus group with ethnic minorities groups in Lisburn area to explore their mental health and suicide prevention needs	£500
Men's Health Project	Martin Devlin SRHC	Programme costs to support work with local men and improve mental and emotional wellbeing through physical activity	£500
Langley Bridge Women's Group	Lise Curran	6 week programme on Anger Management for 10-12 people	£360
Colin Autism Group	(Melanie McClements)	Support development of an Autism Support Network in Twinbrook working with Young People & Parents using the TEACH Programme	£2,000
Aware Defeat Depression	Sandra McQuoid – CUP Network	Provision of self help guides to promote public awareness across a range of issues.	£200
Colin Counselling	Anne McClarnon	Development of profile and service delivery of Colin Counselling Services	£5,655

TOTAL SPEND	<p>Committed as outlined above</p> <p>To be allocated subject to review of suicide counselling service requirements</p>	<p>£177,869</p> <p><u>£15,066</u></p> <p>£192,935</p>
TOTAL INCOME	<p>Mental Health Promotion</p> <p>Investing for Health (Core)</p> <p>Suicide Strategy</p>	<p>£42,323</p> <p>£8,000</p> <p><u>£142,112</u></p> <p>£192,935</p>

NORTH DOWN & ARDS LOCALITY

Proposals for investment for Mental Health Promotion - £41,000 allocation 2007-08

	Proposal	Action	Lead Organisation	IfH Goals/ Objectives/ HIP	Funding Allocated	Timescale
1.	Social Prescribing Project Holywood Family Trust	<p>Recurrent project from last year.</p> <ul style="list-style-type: none"> To provide a counselling service for clients with mild/moderate depression with referrals from GPs and other primary care professionals. 	Hollywood Family Trust	Obj 3	14,000	07-08
2.	Mental Health Promotion Specialist - SE Trust	<p>Recurrent project from last year.</p> <ul style="list-style-type: none"> To employ a co-ordinator to develop programmes and initiatives which promote mental health & emotional wellbeing within the locality. 	South Eastern Trust		15,000	07-08
3.	Mental Health Speaking Project for Schools (in conjunction with Down Lisburn area)	<ul style="list-style-type: none"> To raise awareness of mental health issues by providing a "public speaking competition" for post primary pupil. To improve the understanding of young people of mental health issues and provide the opportunity for them to begin to develop an acceptable 	South Eastern Trust		2,000	07-08

		language on the issue thereby reducing stigma associated with mental health issues				
4.	AMH - Operation Breakthrough	<ul style="list-style-type: none"> • Programme engagement of two groups of 12-15 participants per year. • Delivery of NLP based programme • Development of well formed outcomes for each participant • Exploration of resources within community • Timetable to exit the service and progression onto positive outcome • Effective evaluation of learning 	Action Mental Health	Obj 3	£5,000	07-08
5.	North Down Women's Aid - Prevention Work in Senior Schools	<ul style="list-style-type: none"> • To provide an opportunity for 15-16 year old young men and women to discuss and debate the very clear differences between a healthy & unhealthy relationship 	North Down Women's Aid	Obj 3	£5,000	07-08

NORTH DOWN & ARDS LOCALITY

SUICIDE PREVENTION - £104,198 allocation for 2007-08

The Panel assessed the bids received and the following proposals were agreed.

	Proposal	Action	Lead Organisation	IfH Goals/ Objectives/ HIP	Funding Allocated	Timescale
1.	Support for Mental Health Promotion Specialist - SET	This project is a recurrent commitment from previous year and jointly funded via. Mental Health Promotion resources (see above).	South Eastern Trust	Obj 3 & Suicide Prevention Strategy	21,500	2007-08
2.	SE Trust – ASIST Training	<ul style="list-style-type: none"> To provide a two day ASIST training Course 6 times per year To train 3 people as an ASIST trainer 		Obj 3 & Suicide Prevention Strategy	11,800	2007-08
3.	Aware Defeat Depression – Mental Health First Aid (MHFA)	<ul style="list-style-type: none"> Deliver Mental Health First Aid Deliver awareness raising presentations to young people and/or adults who care for them in schools and other youth settings Deliver Depression Awareness training for vulnerable groups 		Obj 3 & Suicide Prevention Strategy	4,683	2007-08

4.	Belfast Central Mission – Therapeutic Counselling Service	<ul style="list-style-type: none"> • Assist young people to deal with traumatic events. These may include experiences of sexual abuse, physical abuse and neglect, domestic violence, bereavement loss or self-harm • Provide a highly qualified and experienced therapist • Provide a user friendly, accessible and non-stigmatising venue • Provide a systematic service which allows for the inclusion of significant others in the young person's life • Provide a flexible, young person specific service • Minimise waiting lists • Those working closely with the young person may require consultation to ensure safe and effective practice • Work with young people to improve their coping mechanism 		Obj 3 & Suicide Prevention Strategy	24,494	2007-08
5.	CRUSE – Supporting Families Bereaved by Suicide	<ul style="list-style-type: none"> • Provide information and support to help those bereaved by suicide to understand their grief • Signposting of bereaved families to other available services 		Obj 3 & Suicide Prevention Strategy	19,786	2007-08

		<ul style="list-style-type: none"> • Raise the awareness of our work to more bereaved people 				
6.	SE Trust/SEELB – Mind Out Teacher Training Programme	<ul style="list-style-type: none"> • To train 20 teachers within North Down & Ards area in the Mind Out Programme 		Obj 3 & Suicide Prevention Strategy	5,000	2007-08
7.	Social Prescribing Project - Hollywood Family Trust	<ul style="list-style-type: none"> • To provide a free, professional, confidential service of counselling for people in the North Down & Ards locality. • Provide an additional 335 one hour counselling sessions to an existing project. 			11,000	
	<p>Total committed to date (31.8.07)</p> <p>Still to be committed (further information required on existing bids to enable Panel to make a judgement)</p>				<p>98,263</p> <p>5,935</p>	

SOUTH, EAST BELFAST & CASTLEREAGH LOCALITY

Proposals for non-recurrent investment - 2007-2008 - Suicide Prevention Strategy

The following proposals have ranked highest in a funding panel convened for the purposes of prioritising bids sought in respect 2007/08 Suicide Prevention Funding.

	Proposal	Action	Lead Organisation	IfH Goals/ Objectives/ HIP	Funding Allocated	Timescale
1.	Support for families bereaved by suicide.	<ul style="list-style-type: none"> • To bring together families bereaved by suicide in S&E Belfast. • Training and support for volunteers e.g. Competent Helper Course • Groups to meet at least 9 times over 12 months to articulate and develop the need for support services in S&E Belfast. • Formation of Community based support Group-SOS • Support Families Group to make presentations and to network with relevant Organisations • To Organise a Seminar, March 2008, aimed at 	South Belfast Highway to Health/ East Belfast Community Health Information Project	Objective 3 "Protect Life - Draft Suicide Prevention Strategy	£23,406	2007-08

		<p>informing all stakeholders of needs, developments and gaps on theme of Suicide Prevention. Families to be supported to inform the Seminar.</p> <ul style="list-style-type: none"> • Counselling referrals as appropriate for families 				
2.	S&E Belfast Suicide Prevention Counselling Initiative	<ul style="list-style-type: none"> • The project aims to establish and service four community based counselling sites offering 3 sessions per week at each location, providing 650 face to face sessions to 65 young people from S&E Belfast by March 2008. • 6-week therapeutic groupwork sessions to those in need 	Contact Youth	As above	£31,500	2007-08
3.	Mental Health Promotion - Suicide Prevention/Self Help Project	<ul style="list-style-type: none"> • Develop self-help materials relevant to the identified need. Distribute relevant materials to community, voluntary and statutory sector. • Training and support for Mental Health Professionals and Community and 	Belfast Trust – S&E Belfast Highway to Health – East Belfast Health Information Project	As above	£43,000	2007-08

		<p>Voluntary sector in role out and implementation of Self Help Programme/approach</p> <ul style="list-style-type: none"> • Website developed and maintained re Self Help approaches and local best practice 				
4.	Peer Mentoring and Crisis Intervention	<ul style="list-style-type: none"> • To create opportunities for young people at risk and in crisis situations to form relationships with mentors to support and provide a positive role model • Young people matched with Mentor and offered individual and Group support and referral to other agencies as appropriate 	Opportunity Youth	As above	£23,000	2007-08
5	Windsor Women's Centre BASE Project	<ul style="list-style-type: none"> • 30 new people to receive 6 sessions of complementary therapy • 20 people to receive counselling and related support • 16 people to participate in Positive steps Mental Health Course • 12 people to qualify in level 3 	Windsor Women's Centre/South Belfast Highway to Health	As above	£12,200	2007-08

		<p>counselling</p> <ul style="list-style-type: none"> • Develop network and referral pathways between South Belfast Highway to Health and emerging Families bereaved through Suicide Group 				
6	CRUSE Bereavement Care	<ul style="list-style-type: none"> • 20 people attend bereavement awareness course • Design, print and distribute Bereavement through suicide leaflet • Promotion of Support Group • Uptake of individual support by people from South and East Belfast bereaved through Suicide 	CRUSE	As above	£1,750	2007-08
7	Aware Defeat Depression	<ul style="list-style-type: none"> • Deliver 1x 2 day course for 16 people (Mental Health First Aid) • 12 presentations in schools settings • Deliver Depression Awareness Training 	ADD	As above	£3,208.33	2007-08

8	Belfast Education and Library Board	<ul style="list-style-type: none"> • Train 20 new teachers to deliver Mind Out Programme to Year 11 Pupils in Belfast area • Link of Mind Out Training to whole school approach 	BELB	As above	£4,000	2007-08
9	South Eastern Education and Library Board	<ul style="list-style-type: none"> • Train 20 new teachers to deliver Mind Out Programme to Year 11 Pupils in Castlereagh area • Link of Mind Out Training to whole school approach 	SEELB	As above	£5,000	2007-08
10	CODA	<ul style="list-style-type: none"> • 30 people referred from Mental Health Teams to undertake a Project Plan involving individual support and elements of : • CODA Alcohol and Drugs Course • Complimentary health activity • CODA Assertiveness Course • CODA Anger Management Course • NOCN Developing personal self confidence and self awareness 	CODA/Belfast Trust	As above	£14,000	2007-08
	Total allocated resources 2007-08				£161,064.33	

In 2006/07 the South and East Belfast HSCG made an allocation of £6,000 recurrently and £4,000 non-recurrently to Greenpark Hospital re music therapy and mental health promotion activity with children and young people. Staff at Greenpark have confirmed that they are not in a position to use the 2007/08 non-recurrent funding of £4,000. The following proposal represents a bid from Belfast Trust to make best use of the non-recurrent £4,000 of mental health promotion funding.

	Proposal	Action	Lead Organisation	IfH Goals/ Objectives/ HIP	Funding Allocated	Timescale
	Delivery of Certificate in Community Mental Health Level 2 (2 courses for Surestart workers and Health Development workers across the SEB and Castlereagh Locality)	<ul style="list-style-type: none"> • 28 people trained in Certificate in Community Mental Health Course level 2 • Links made to other relevant mental health promotion programmes/ general health promotion programmes • Links made to Trust self-help programme 	Belfast Trust	IFH Objective 3 and DHSSPS Mental health Promotion Strategy	£4,000	2007-08

NORTH AND WEST BELFAST LOCALITY

Mental Health Promotion Development Work North & West Belfast 07/08 Period

Programme	Lead Organisation	Action Proposed	Proposed Outcome	Cost
Mental Health Promotion Work	Change of Mind	<p>General mental health promotion work in the area, events.</p> <p>Purchase of promotional materials.</p> <p>Translate and produce resource for health workers from different ethnic backgrounds.</p> <p>Plan and provide a diversity event for World Mental Health Day.</p>	<p>Wider engagement with the local communities to heighten awareness of positive mental health actions.</p> <p>Mental health promotion resource presentation which can be used with a range different ethnic community groups.</p> <p>Strengthen the ongoing working relationships between community, voluntary and statutory organisations working to promote good mental health.</p>	
	Change of Mind	Purchase additional turnit around resources	Increase the awareness of the turnit around resources and make available to more people	

Mental Health Promotion Development Work North & West Belfast 07/08 Period

Programme	Lead Organisation	Action Proposed	Proposed Outcome	Cost
	Change of Mind	Evaluation of training and funded development programmes (to be tendered for)	Information for future planning and acquisition of training programmes	
	Women's Information Group (WIG)	Mental Health Promotion Awareness Workshop	An increased number of community members introduced to positive mental health initiatives	
			Total to Change of Mind Group	21,822.00
"Mindout" Teacher training programme	BELB	Train 20 teachers from North & West schools to deliver 'Mindout' programme	To enable young people (11yrs+) increase their capacity by developing the skills and attitude to make informed decisions and wise choices	4,000.00
Mental Health First Aid	Aware Defeat Depression	Deliver 2 two day courses in mental health first aid	Participants on the course will Report increased knowledge and understanding, skills and confidence to: Provide initial help to prevent mental health problem developing into a more serious state Promote the recovery of good mental health Provide comfort to a person experiencing a mental health problem	5036.00

Mental Health Promotion Development Work North & West Belfast 07/08 Period

Programme	Lead Organisation	Action Proposed	Proposed Outcome	Cost
Towards Better Mental Health	Community Direct	Deliver one programme 6 x 3hr sessions to 10 people in the Shankill Women's Centre	Participants will be more aware of how their own mental health has been influenced by past circumstances and events Aware of the minor and major stressors in their lives and be able to take steps to deal with stress Aware of the causes of mental health and will be more understanding of people with mental health problems Participants will have increased confidence and will be committed to making	900.00
Time for Me	Greater Shankill Partnership & Board Shankill Women's Centre	20 people to have completed the programme by March 08	Improving mental health status of participating individuals in the Greater Shankill area.	
RCN Community Mental Health Programme		30 people to have completed by March 08	Promoting and strengthening of a partnership approach to addressing mental health issues	
Post Natal Depression Programmes		20 people to have completed by March 08.	Provision of appropriate training and education to address inequalities in relation to mental health.	

Post Natal Depression Programmes		Measure an improvement in feelings of self-esteem of those having completed the programmes	Promotion of skills & attitudes which will give individuals greater capacity to reach potential .	
Bring about an extension of 'Good Morning Ballysillan' Programme to Greater Shankill area. Develop a frame of reference for volunteers		20 volunteers having completed Rickter training by March 2008. Frame of reference for volunteers to be developed by March 2008	Address issues of social isolation of older people. Improving the health of the community by developing needs based programmes Provision of learning for future programme development. Reducing inequalities in relation to mental health	
			Total to Shankill Womens Group	14,220.00
Upper Springfield/Whiterock Intervention Project	West Belfast Partnership Board	Health & Wellbeing Day 8 th August 2007 approx 500 to attend. Provision of taster sessions complimentary therapies	Increase awareness of support services. Increase awareness of mental health & emotional wellbeing issues.	
Addressing the legacy of the conflict	West Belfast Partnership Board	Establish a working group to explore the mental health impact of the conflict.	Establish a working group	

		Collate information for report.	Produce a written report	5,000.00
Mental Health Promotion Development work within North Belfast	North Belfast Partnership Board			2,000.00
Extension of Green Gym Programme	Mater Hospital CVNI	To extend the referrals to and involvement of clients in the Green Gym Programme. Extend the Green Gym Programme with CVNI	Increased number of clients participating in the Green Gym Programme	2700.00 2237.00
Sporting activities (for 11-25yr olds)	9-11 Club Cliftonville Community Centre	Young people in the area availing of a range of sporting activities on a weekly basis Each individual is expected to receive a minimum of 4hrs per week up to a maximum of 12hrs.		5000.00
			TOTAL Surplus (to go to Change of Mind Group)	62915.00 34.00

Suicide Prevention Protect Life Strategy North & West Belfast 07/08

Funding is allocated to the Health Action Zone North and West Belfast Suicide Prevention Implementation Group for delivery of programmes prioritised by this North and West Belfast suicide prevention, Community of Interest.

Belfast Health and Social Care Trust is administering the financial and contract monitoring on behalf of the HAZ in year 07/08.

HAZ North and West:

16 College Street,

Belfast BT1 6BT

Note: there will be two Addendum to the original SLA Ref no.0038 which will authorise the release of funding to Belfast Trust to enable the HAZ to implement the following work

Organisation Partner	Lead Person and Contact Details	Project Proposal	Date	Investment
	First Addendum 5 th July, with HAZ North and West Belfast			
Ashton Community Trust		Complementary therapies	April – June 07	6,450.00
Contact Youth Counselling		Counselling sessions	April – June 07	8,750.00
Falls Women's Centre		Counselling sessions	April – June 07	2,880.08
Holy Trinity Counselling		Counselling sessions	April – June 07	5,000.00
Lenadoon Community Forum		Counselling sessions	April – June 07	5,000.00
New Life Counselling PIPS		Counselling sessions	April – June 07	6,772.00
		Counselling sessions & complementary therapies	April – June 07	9,750.00
West Belfast Suicide Awareness & Family Support Group		Complementary therapies	April – June 07	5,000.00
	Total	1 st Quarter		49,602.00
Additional commitments previously allocated over 06/07/08 period		Co ordinator Posts PIPs	April 07 – March 08	36,500.00
		Co ordinator Post West Belfast Suicide Awareness & Family Support forum	April 07 – March 08	36,500.00
	Total			73,000.00
Organisation Partner	Lead Person and Contact Details	Project Proposal	Date	Investment

	Second Addendum 21st August, with HAZ North and West Belfast.			
Ashton Centre (Community Trust)		Complementary therapies	July 07 – March 08	19,350.00
9-11 Club		Social, Recreation and self esteem programmes for young people	July 07 – March 08	5,000.00
Falls Women's Centre		Counselling Sessions	July 07 – March 08	7,210.00
Holy Trinity Counselling		Counselling Sessions	July 07 – March 08	20,600.00
Lenadoon Community Forum		Counselling Sessions and family support and care	July 07 – March 08	35,000.00
New Life Counselling PiPs		Counselling sessions	July 07 – March 08	52,864.00
		Counselling and complementary therapies	July 07 – March 08	54,110.00
West Belfast Suicide Awareness & Family Support Group		Timely support for those in suicide crisis providing support and therapeutic services for those bereaved to suicide.	July 07 – March 08	54,119.00
	Total	Last three quarters of year		370,675.00
	Note: The cost pressure (£7970.00) has been formally notified to Chair of HAZ North & West Belfast Implementation Group. This will be addressed at the November meeting of the Group			
Total allocation North and West Belfast				362,705.00