



Lothian Mental Health & Wellbeing Team

Training and Education Programme

April 2010 - September 2010



Mental Health is everybody's business

## Welcome and Introduction

Welcome to NHS Lothian's Mental Health and Wellbeing Team Training and Education Programme.

The diversity of our programme aims to support the implementation of our **Joint Mental Health and Wellbeing Strategy 2005 – 2010**. The Strategy seeks to improve the mental health of individuals in our communities and meet the mental health needs of our population by:

- Raising general awareness
- Creating a climate where strategies of early intervention and prevention can be deployed
- Ensuring that the rights and needs of any person who uses mental health services are valued and that they are consulted and involved at all stages in their care, treatment, therapy and support.

The programme supports the commitments outlined in the Scottish Government's **Delivering for Mental Health Plan (2006)** which recognises that:

*“Good mental health is important to everyone living in Scotland. Mental illness takes away opportunity. We must work to promote health and prevent illness and where illness occurs treat it or minimise the damage it causes.”*

*“Front line mental health services, primary care and accident and emergency staff will be educated and trained using suicide assessment tools/suicide prevention training programmes. 50% of target staff will be trained by 2010.”*

**Please note that there is no charge payable to attend training events. However, it would be much appreciated if people with a booked place who find they are unable to attend would be courteous to their fellow participants and the course organisers by telling them in advance if they are unable to attend.**

Please let us know of any course that you wish to attend by completing the Request Form at the end of this brochure. **If your application form has been successful you will be sent a confirmation email with full details of the course.**

**NHS Staff can now book training through the eManager system. Please see your line manager for more information.**

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## **Promoting Mental Health Improvement: Raising Awareness**

### **Aim:**

This one day course aims to

- Help participants develop an understanding of the concept of mental health improvement and its role in promoting well-being and preventing illness
- Provide information about effective initiatives
- Provide a range of practical activities to develop the mental health improvement role
- Recommend ways in which mental health improvement activities can be planned, monitored and evaluated

### **Learning outcomes:**

Participants will have the opportunity to:

- understand the policy context for mental health promotion in Scotland
- identify risk and protective factors for mental health and wellbeing
- gain knowledge of mental health promotion issues
- explore how mental health promotion activities can be monitored and evaluated

### **Prospective participants**

This course is aimed at a wide range of people working at a strategic or operational level within organisations, who recognise they have the potential to promote mental health improvement through raising awareness and/or setting up projects.

<b>Course Length:</b>	<b>9.30am – 4.30pm</b>
<b>Date:</b>	<b>Thursday 16 September 2010</b>
<b>Venue:</b>	<b>Cramond Room, Scottish Health Service Centre</b>
<b>Facilitator:</b>	<b>Sheena Lowrie</b>

Further enquiries, please contact either Sheena Lowrie, Email: [sheena.lowrie@nhslothian.scot.nhs.uk](mailto:sheena.lowrie@nhslothian.scot.nhs.uk) or Tel: 0131 536 9430

**To book a place**, please complete the Request form at the end of this section or NHS staff can book through the eManager system.

# Lothian Alliance Against Depression Depression Awareness Training

## Aim:

NHS Lothian is a full partner of the European Alliance Against Depression and as part of an integrated intervention approach is providing a half day course focussing on depression. The course aims to raise awareness of depression and its identification among members of the community who are likely to come into contact with people experiencing emotional distress.

## Learning outcomes:

Participants will have the opportunity to:

- explore the concepts of mental health and well-being
- explore common attitudes and myths that exist around depression
- gain knowledge and learn to identify the signs and symptoms of depression
- explore techniques to support someone experiencing depression
- learn to identify possible risk factors
- learn about appropriate resources and where to get help

## Prospective participants

This course is open to members of the public who, through their work, or everyday life may come into contact with someone who is suffering from depression.

**Course Length:** 9.30am – 1.00 pm

## Dates:

Thursday 29 <sup>th</sup> April 2010	Almond Room, Wighton House
Thursday 27 <sup>th</sup> May 2010	Engine Shed
Tuesday 15 <sup>th</sup> June 2010	The Quayside

Further enquiries about the content of this course, please contact either Sheena Lowrie, Email: [sheena.lowrie@nhslothian.scot.nhs.uk](mailto:sheena.lowrie@nhslothian.scot.nhs.uk) Tel: 0131 536 9430 or Marie Sutherland, E-mail: [marie.sutherland@nhslothian.scot.nhs.uk](mailto:marie.sutherland@nhslothian.scot.nhs.uk) Tel: 0131 536 9197

**To book a place**, please complete the Request form at the end of this section or NHS staff can book through the eManager system.

This course is also offered by the Lothian Health Promotion Service, for contact information please see the last page of this programme.

# Meeting the Needs of Adult Survivors of Childhood Sexual Abuse

## **Aim:**

The aim is to provide tailored training to staff within NHS Lothian who may be working with adult survivors of childhood sexual abuse.

## **Learning outcomes:**

The learning outcomes of the courses will be planned on a course by course basis depending on the needs of the staff and their professional background. Courses are offered which range from awareness raising to highly specialist interventions.

## **Prospective participants:**

This course is open to NHS Lothian staff and anyone who, through their work, or everyday life may come into contact with an adult survivor of childhood sexual abuse, e.g. housing staff, teachers, front-line workers, health workers and non-mental health professionals.

**Course Length:** 9.30am – 4.00 pm

## **Dates:**

Tuesday 25 <sup>th</sup> May 2010
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Tuesday 7 <sup>th</sup> September 2010
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**Venue:** Department of Clinical Psychology Training Room, Royal Edinburgh Hospital

Training can also be arranged to suit as a half day or full day session depending on learning outcomes required. Training is usually held in the Department of Clinical Psychology training room, but on site training can be arranged. If you would like to arrange training for your team, please contact Dr Sandra Ferguson.

## **Facilitator:**

Dr Sandra Ferguson, The Department of Clinical Psychology, Kennedy Tower, Royal Edinburgh Hospital, 0131 537 6904  
Email: [sandra.ferguson@nhslothian.scot.nhs.uk](mailto:sandra.ferguson@nhslothian.scot.nhs.uk)

**To book a place**, please complete the Request form at the end of this section or NHS staff can book through the eManager system.

# Mental Health in the Workplace

## Aim:

This one day course aims to provide participants with a broad awareness and understanding of mental health issues in the workplace.

## Learning outcomes:

Participants will have the opportunity to:

- Learn to identify workplace influences on mental health and well being
- Learn to identify signs and symptoms of stress
- Gain awareness of their legal responsibilities in relation to mental health in the workplace
- Gain awareness of common mental health problems
- Gain an understanding of ways to support staff with mental health problems

## Prospective participants:

This course is open to managers, supervisors and team leaders.

**Course Length:** 9.30am – 4.30 pm

## Dates and Venues:

Wednesday 12 <sup>th</sup> May 2010	The Melting Pot
Wednesday 8 <sup>th</sup> September 2010	Engine Shed

## Facilitator: Kathryn Sinclair

Further enquiries about course content, please contact Kathryn Sinclair.

E-mail: [kathryn.sinclair@nhslothian.scot.nhs.uk](mailto:kathryn.sinclair@nhslothian.scot.nhs.uk); Tel 0131-536-8138.

**To book a place**, please complete the Request form at the end of this section or NHS staff can book through the eManager system.

## Introduction to Cognitive Analytical Therapy (CAT)

### **Aim:**

This course is designed to enable participants to increase their knowledge of the CAT model and to enable them to use CAT tools in individual therapy. In addition, to allow participants to utilise a CAT understanding of relational patterns, thus increasing their understanding of the relational dynamics present in interactions between patients and staff in teams. The course will involve participants making tentative formulations of their own patients.

Following completion of the three-day course there will be a number of spaces available for ongoing supervision. This has been structured into the training programme as it will enable a number of participants who can commit to the supervision group for a year to consolidate and increase their knowledge of CAT.

### **Learning Outcomes:**

Participants will have the opportunity to

- Learn to identify Reciprocal Role Procedures (RRPs)
- Develop insight into the use of CAT tools

### **Method:**

Experiential exercises and group work/discussion

### **Prospective Participants:**

This course is aimed at all practitioners offering individual therapy across a range of professional disciplines who wish to develop their skills in delivering effective psychological interventions. (This course is free to participants from Lothian, a course fee of £195.00 is payable by participants outside Lothian)

### **Course Length:**

3 Consecutive days, 10AM – 4PM

### **Date:**

<b>Monday 5<sup>th</sup>, Tuesday 6<sup>th</sup> and Wednesday 7<sup>th</sup> July 2010</b>	<b>Cherry Room, Wighton House</b>
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### **Venue:**

CLOSING DATE FOR APPLICATIONS: 4<sup>th</sup> June 2010

You will receive a confirmation letter after this date if your application has been successful.

### **Facilitators:**

Dee Affleck

Maggie Gray

Information about CAT can be found on the ACAT website [www.acat.me.uk](http://www.acat.me.uk), or questions to Dee Affleck/Maggie Gray, tel: 0131 537 6874

**To book a place**, please complete the Request form at the end of this pack.

Please do not send a cheque with your application form – if applicable, payment will be requested if your application is successful.

## **Mental Health (Care and Treatment) (Scotland) Act 2003**

The new Mental Health Act, which came into effect in October 2005, was an important milestone in mental health legislation in Scotland. The Act brings about changes, which should lead to a more just and progressive culture in mental health. Based on a set of rights-based principles, the Act's purpose is to ensure that people with mental health difficulties can receive effective care and treatment.

### **Level 1: Introduction to the new Act (Half day)**

Aim:

To provide participants with the opportunity to gain knowledge of the background, purpose, principles and safeguards of the Act.

Provides a basic introduction to the most important aspects of the Act, including the principles. Relevant to anyone who is involved in the area of mental health.

### **Level 2: Working Together for the New Act (Half day).**

Aim:

To provide participants with the opportunity to understand civil compulsory powers, safeguards, operational procedures (including the Mental Health Tribunal for Scotland) and the practical implications of these for individuals and organisations.

Provides more detailed information and allows participants to look at the issues in more depth. Relevant to anyone involved in the area of mental health.

### **The New Act and the Criminal Justice System (Half day).**

Aim:

To enable participants to gain knowledge and understanding of the Act in relation to the Criminal Justice System and how it will impact on practice.

This course is of interest to a broad range of individuals who may be in contact with people with a mental disorder in the Criminal Justice system.

### **Learning Methods**

All workshops employ a mixture of presentations, group work, case studies, discussion and problem solving.

If you would like information about these courses, or if you would like to discuss the possibility of an individually tailored course about the new Act, to meet the learning needs of your particular group, please get in touch with Susan Pollock, Training and Development Facilitator. E-mail: [susan.pollock@nhslothian.scot.nhs.uk](mailto:susan.pollock@nhslothian.scot.nhs.uk); Tel: 0131-536-9426

**To book a place**, please complete the request form at the end of this section or NHS staff can book through the eManager system.

Mental Health (Care and Treatment) (Scotland) Act 2003

**Level 1 – Introduction to the Mental Health (Care and Treatment) (Scotland) Act 2003**

Please note that maximum of 20 participants per sessions  
Places are allocated on first come first serve basis.

Tuesday 20 <sup>th</sup> April 2010	9:30 am – 12:30 pm	Maple Room, Wighton House
Friday 18 <sup>th</sup> June 2010	9:30 am – 12:30 pm	Training room 1, Royal Edinburgh Hospital
Friday 24 <sup>th</sup> September 2010	9:30 am – 12:30 pm	Training room 1, Royal Edinburgh Hospital

Mental Health (Care and Treatment) (Scotland) Act 2003

**Level 2 – Working Together for the New Act**  
Participants are required to attend Level 1 before attending

Please note that maximum of 20 participants per sessions  
Places are allocated on first come first serve basis.

Tuesday 20 <sup>th</sup> April 2010	1:15 pm – 4:00 pm	Maple Room, Wighton House
Friday 18 <sup>th</sup> June 2010	1:15 pm – 4:00 pm	Training room 1, Royal Edinburgh Hospital
Friday 24 <sup>th</sup> September 2010	1:15 pm – 4:00 pm	Training room 1, Royal Edinburgh Hospital

Mental Health (Care and Treatment) (Scotland) Act 2003

**The Mental Health (Care and Treatment) (Scotland) Act 2003:  
People with Mental Disorder within the Criminal Justice System**

Participants are required to attend Level 1 at least before attending Criminal Justice

Maximum of 16 participants per sessions; allocated on first come first serve basis.

Tuesday 31 <sup>st</sup> August 2010	9:30 am – 12:30 pm	Seminar room 5, Chancellors Building , Edinburgh Royal Infirmary
Tuesday 28 <sup>th</sup> September 2010	9:30 am – 12:30 pm	Seminar room 2, Medical Education Centre, Western General Hospital

## **MH & WB Training and Education Programme Request Form**

Please complete this Request form stating if you have any particular requirements, as we will try to meet these wherever possible.

**Name:**

**Job Title: (if applicable)**

**Organisation: (if applicable)**

**Service/Ward/Department: (if applicable)**

NHS Lothian  Voluntary Sector  Local Authority  Private\Commercial  Carer   
Other Statutory body  Public participant  Person with lived experience  Other  \_\_\_\_\_

**Address**

**Post code**

**Tel**

**Email:**

**Please note all correspondence will be sent by EMAIL only - If you would like to receive correspondence by POST, please tick the box**

**Locality: Edinburgh  Midlothian  East Lothian  West Lothian**

**Training and Education event/s applied for:**

Please indicate your first and second choice dates/times on courses running more than once.

**Comments and/or Requirements (e.g. dietary requirements; access; faith related requirements, interpreting and travel arrangements):**

Please use an additional sheet of paper if required for any part of this form.

Please return Request forms to **Project Administrator, Mental Health & Wellbeing Team, NHS Lothian, Deaconess House, 148 Pleasance, Edinburgh EH8 9RS Tel: 0131 536 9411, Fax: 0131 536 9406, Email [LH\\_mentalhealthadmin@nhslothian.scot.nhs.uk](mailto:LH_mentalhealthadmin@nhslothian.scot.nhs.uk)**

**If your application form has been successful you will be sent a confirmation email with full details of the course. NHS Staff can now book training through the eManager system. Please see your line manager for more information.**



## Lothian Recovery Network

# A Mental Health Values Based Framework for Lothian

## Awareness, Education and Practice Based Events

### Introduction

In Scotland the recovery approach is growing, with strong moves towards developing recovery-orientated mental health services. One of the key aims of the Scottish Executive's National Programme for Improving Mental Health and Well-Being is to "support and promote recovery" within a policy environment which aims to promote social justice and overcome discrimination.

The Mental Health (Care and Treatment) (Scotland) Act, 2003 endorses the values of the recovery movement. *Delivering for Mental Health (2006)* emphasises the importance of delivering on our commitments in respect of equality, social inclusion, recovery and rights.

### Background

The delivery plan for the ***Mental Health Values Based Framework for Lothian*** aspires to achieve transformational culture change across services and networks. This framework underpins ***Recovery Across Lothian Framework for Action*** which aims to maximise the opportunities in Lothian "for embedding a recovery ethos in our behaviours and attitudes, aspirations and hopes; our practice and approaches." This ethos is also endorsed by ***Lothian Recovery Network***.

As defined by service users, the concept of recovery is a liberating one that promotes positive identity and optimistic attitudes and expectations.

### New Developments

Over the past six months, a group of Lothian facilitators have been running the 6 module course ***Realising Recovery through the 10 Essential Shared Capabilities for Mental Health Practice***. Because Lothian's strategic commitment requires a recovery ethos to be at the centre of service delivery, work is now progressing on **optional** academic credit for the course

Courses in ***WRAP (Wellness Recovery Action Plan)***, facilitated by a group of qualified national trainers will also be offered again. WRAP is a wellness tool that supports recovery.

The popular smaller Saturday morning workshops designed for ***People with Lived Experience*** of mental health difficulties are continuing, this time offering new opportunities for people living in West Lothian. As usual, these will be run by people with lived experience.

## **Recovery Workshops- Series 1, 2 & 3**

**Designed for People with lived experience of mental health difficulties facilitated by people with lived experience of ongoing recovery**

Each person with lived experience of mental health difficulties has her or his own unique story and experiences of recovery. People may also share common feelings and understandings of what this experience means in a whole range of aspects of living. For some of us, it is important to share this common experience in a safe, constructive and enjoyable environment.

In order to address this need, workshop series 1, 2 & 3 below **are offered exclusively to people with lived experience of mental health difficulties or mental illness.**

### **Facilitators**

All facilitators have lived experience of recovery from mental health difficulties.

## **Workshop S1 – What is Recovery?**

### **Aim**

To raise awareness and explore ideas about recovery, for people with lived experience of mental health difficulties.

### **Method**

Sharing information and ideas about recovery in relation to lived experience of mental health difficulties through group discussion.

**Course Length:** 3 - 4 hours (including time for lunch)

**Date:** Saturday 10<sup>th</sup> April 2010  
10 am – 2pm

**Venue:** Scottish Health Service Centre

**Date:** Saturday 8<sup>th</sup> May 2010  
10 am – 2pm

**Venue:** Howden Park Centre, West Lothian

## **Workshop S2 – Planning your Recovery Journey**

### **Aim**

To share information and experience about what can assist and support Recovery with people with lived experience of mental health difficulties.

### **Method**

This workshop builds on the learning from Workshop S1 and will be influenced by the needs and interests of each group. It consists of an exploration and discussion of a range of resources, services and self-management guides available for those who have embarked on the recovery journey.

**Course Length:** 3 - 4 hours (including time for lunch)

**Date:** Saturday 24<sup>th</sup> April 2010  
10 am – 2pm

**Venue:** Scottish Health Service Centre

**Date:** Saturday 22<sup>nd</sup> May 2010  
10 am – 2pm

**Venue:** Howden Park Centre, West Lothian

## **Workshop S3 – Two workshops are offered**

**Participants may choose to attend one or both of these workshops**

### **S3a. Sharing Stories of Lived Experience of Recovery**

#### **Aim**

To explore ideas about how we can share our stories, in a safe way – to include recovery challenges, strengths and learning from lived experience.

#### **Method**

The workshop focuses on how we can share our stories about learning from lived experience of recovery – keeping a focus on learning about recovery, guidelines and support for looking after ourselves. We will discuss a variety of ways to share our stories, for example spoken, written and the arts. Opportunities for sharing personal stories will be explored.

**Course Length:** 3 - 4 hours (including time for lunch)

**Date:** Saturday 5<sup>th</sup> June 2009  
10 am – 2pm

**Venue:** Scottish Health Service Centre

## **S3b. What is Peer Support?**

### **Aim**

For this session, we will look at what Peer Support is and a peer support specialist worker will talk about what their role entails.

<b>Course Length:</b>	<b>3 - 4 hours (including time for lunch)</b>
<b>Date:</b>	<b>Saturday 19<sup>th</sup> June 2010 10 am to 2pm</b>
<b>Venue:</b>	<b>Scottish Health Service Centre</b>

## **S4. More Sharing Stories**

(For those who have attended Sharing Stories S3a)

<b>Course Length:</b>	<b>3 - 4 hours (including time for lunch)</b>
<b>Date:</b>	<b>Saturday 19<sup>th</sup> June 2010 10 am – 2pm</b>
<b>Venue:</b>	<b>Salisbury Centre</b>

## **S5. Get Together – Review Event**

This is an opportunity to feedback on all the learning from S1 to S3

<b>Event Length:</b>	<b>3 - 4 hours (including time for lunch)</b>
<b>Date:</b>	<b>Saturday 26<sup>th</sup> June 2010 10 am – 2pm</b>
<b>Venue:</b>	<b>Scottish Health Service Centre</b>

# Realising Recovery through the Ten Essential Shared Capabilities

## Introduction

Welcome to *Realising Recovery*. This programme consists of six units, covered one day a week over a period of four weeks. Its broad aim is to equip you with the knowledge, skills and values you will need to work in a recovery focused way. You will learn background information about the origins of the international mental health recovery movement, the development of recovery initiatives and research in Scotland and a range of self-management tools to use in recovery focused mental health practice.

## Course Content

This series of workshops introduces, and builds upon, the *10 Essential Shared Capabilities for Mental Health Practice*. These capabilities are about the values and principles, attitudes, behaviours, expectations and relationships that underpin good mental health practice.

## Learning and Teaching

The module is designed to develop your critical thinking as well as to maximise your learning. Participatory methods are used to ensure a full and enjoyable learning experience. Workshops are facilitated by trainers from a broad range of backgrounds who have knowledge, skills and experience in recovery-focused practice.

## Who can do this course?

All the units are open to anyone with an interest in recovery in mental health, including people with lived experience of mental health difficulties and workers in the statutory and voluntary sectors.

## Course Units

1. Introducing Recovery and the 10 Essential Shared Capabilities
2. Use of Self to Develop Recovery Focused Relationships
3. Enabling Self-direction
4. Providing Person-centred Support
5. Sharing Responsibility for Risk and Risk taking
6. Connecting with Communities

## Booking Information

You may study Unit 1 as a stand-alone or build on this learning by completing other units. Unit 1 must be completed first and unit 6 last. As the learning takes a progressive form, in order to gain the most from the learning we request that you attend a block of consecutive modules. This requires participants to commit to 4 days learning over a period of one month. If you are unable to commit to attending a block of modules at one time, please note your preferred dates on your application form and this may be considered.

For those who would only like to attend module 1 we have separate module 1 courses available. Should you then decide to attend the remaining 2 to 6 modules, you are welcome to book onto a block booking starting from module 2.

## Further Study - Accreditation

If you complete all six units, you have the **option** of applying for accreditation through Edinburgh Napier University by doing some additional assessed work. If successful, you will have passed the module *Implementing Recovery in Mental Health Practice* (Level 9, SCQF credit value 20)

## Learning Outcomes

- Demonstrate an understanding of key themes in relation to recovery focused practice
- Change culture by supporting and building positive, hope-promoting relationships within the field of mental health recovery through use of self
- Apply knowledge of person-centred and recovery-focused approaches to enable people who use services to take a lead in planning support
- Utilize a problem solving approach to involving people who use services in decision-making about risks they identify, in the context of perceived organisational risks
- Critically reflect on the opportunities and barriers communities present for people in recovery
- Relate the knowledge, skills and values of recovery to mental health practice

**Unit 1: Introducing Recovery and the Ten Essential Shared Capabilities** introduces the background to the development of recovery in mental health practice, including the *10 Essential Shared Capabilities*, and allows you to evaluate factors that might help or hinder recovery

**Course Length: Full Day**

**Unit 2: Using Self to Develop Recovery Focused Relationships** encourages your exploration of the importance of identity and the use of self in recovery. It allows you the opportunity to develop your self-reflective capacity and in doing so, to be a leader for culture change and to explore the question 'how can we behave professionally without disappearing behind a cold 'professional' front?'

**Course Length: Half Day - am**

**Unit 3: Enabling Self-Direction:** A central issue for recovery is enabling self-direction. The module explores a range of self-management tools that can enable people experiencing mental health difficulties to become aware of, and to overcome, the impact of power imbalances between those who provide and those who use mental health services

**Course Length: Half Day - pm**

**Unit 4: Providing Person-Centred Support** allows you to experience how person-centred planning tools and approaches work in practice, thus raising your awareness of the importance of true ownership of the recovery process

**Course Length: Half Day - am**

**Unit 5: Sharing Responsibility for Risk and Risk Taking** highlights the need for risk-taking in recovery. You will critically examine differing perceptions of risk and how to involve people in decision-making so that success is maximised.

**Course Length: Half Day - pm**

**Unit 6: Connecting with Communities** completes the module. In it, you will gain a deeper understanding of the importance of community connections, social inclusion and anti-discriminatory practice in enabling people to access resources beyond mental health services and to make recovery a reality.

**Course Length: Full Day**

**Recovery Follow on lunchtime sessions**

As the purpose of Realising Recovery is to promote culture change within mental health services it is important that you also commit to the follow-up lunchtime session. This will normally be around 3 months after you have completed the Realising Recovery Module. It is intended that your group from Realising Recovery will attend together and will be a chance for you all to celebrate success and share obstacles and barriers to be overcome to improve and develop mental health practice.

**Length: 2 hours**

**To book a place, please complete the Request form at the end of this section**

**Enquiries**

**For any enquiries on the content of these workshops, please contact:**

**Susan Pollock, Training & Development Facilitator;**

**Email [susan.pollock@nhslothian.scot.nhs.uk](mailto:susan.pollock@nhslothian.scot.nhs.uk); Tel: 0131 536 9426**

**Course Dates and Venues:**

**Module 1 – for those who only wish to attend Module 1 at present**

**Course time: 9.15am – 4.30pm**

Wednesday 14 April 2010	Scottish Health Service Centre
Wednesday 19 May 2010	The Quayside
Thursday 10 June 2010	Engine Shed
Thursday 9 September 2010	Engine Shed

**Block Bookings**

Module 1	9.15am – 4.30pm	Thursday 8 April 2010	Scottish Health Service Centre
Module 2 (am)	9.30am – 12.30pm	Thursday 15 April 2010	
Module 3 (pm)	1.15pm – 4.30pm		
Module 4 (am)	9.30am – 12.30pm	Thursday 22 April 2010	
Module 5 (pm)	1.15pm – 4.30pm	Thursday 29 April 2010	
Module 6	9.30am – 4.30pm		
Follow up lunchtime session	12pm – 2pm	Thursday 2 September 2010	

## Recovery Block Bookings

Module 1	9.15am – 4.30pm	Thursday 6 May 2010	Lanthorn Complex, Livingstone *
Module 2 (am) Module 3 (pm)	9.30am – 12.30pm 1.15pm – 4.30pm	Thursday 13 May 2010	
Module 4 (am) Module 5 (pm)	9.30am – 12.30pm 1.15pm – 4.30pm	Thursday 20 May 2010	Venue to be confirmed **
Module 6	9.30am – 4.30pm	Thursday 27 May 2010	Lanthorn Complex, Livingstone *
Follow up lunchtime session	12pm – 2pm	Thursday 16 September 2010	Venue to be confirmed **

**\* Please note the change of venues for some of the May block of dates**

**\*\* These sessions will take place in West Lothian**

Module 1	9.15am – 4.30pm	Wednesday 2 June 2010	Loanhead Miners Club
Module 2 (am) Module 3 (pm)	9.30am – 12.30pm 1.15pm – 4.30pm	Wednesday 9 June 2010	
Module 4 (am) Module 5 (pm)	9.30am – 12.30pm 1.15pm – 4.30pm	Wednesday 16 June 2010	
Module 6	9.30am – 4.30pm	Wednesday 23 June 2010	
Follow up lunchtime session	12pm – 2pm	Wednesday 29 September 2010	

Module 1	9.15am – 4.30pm	Wednesday 1 September 2010	McDonald Road Conference Centre
Module 2 (am) Module 3 (pm)	9.30am – 12.30pm 1.15pm – 4.30pm	Wednesday 8 September 2010	
Module 4 (am) Module 5 (pm)	9.30am – 12.30pm 1.15pm – 4.30pm	Wednesday 15 September 2010	
Module 6	9.30am – 4.30pm	Wednesday 22 September 2010	
Follow up lunchtime session	12pm – 2pm	Wednesday 12 Jan 2011	



Lothian Recovery Network

## Recovery: Request Form

Please complete this Request form stating if you have any particular requirements, as we will try to meet these wherever possible.

**Name:**

**Job Title: (if applicable)**

**Organisation: (if applicable)**

**Service/Ward/Department: (if applicable)**

NHS Lothian  Voluntary Sector  Local Authority  Private/Commercial  Carer

Other Statutory body  Public participant  Person with lived experience  Other  \_\_\_\_\_

**Address**

**Post code**

**Tel**

**Email:**

**Please note all correspondence will be sent by EMAIL only - If you would like to receive correspondence by POST, please tick the box**

**Locality: Edinburgh  Midlothian  East Lothian  West Lothian**

**Training and Education event/s applied for:**

Please indicate your first and second choice dates/times on courses running more than once.

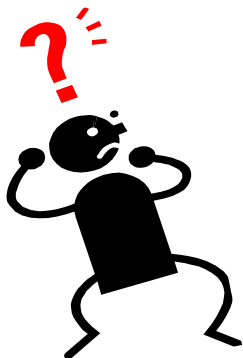
**Comments and/or Requirements (e.g. dietary requirements; access; faith related requirements, interpreting and travel arrangements):**

Please use an additional sheet of paper if required for any part of this form.

Please return Request forms to **Project Administrator, Mental Health & Wellbeing Team, NHS Lothian, Deaconess House, 148 Pleasance, Edinburgh EH8 9RS** Tel: 0131 536 9411, Fax: 0131 536 9406, Email [LH\\_Lrn@nhslothian.scot.nhs.uk](mailto:LH_Lrn@nhslothian.scot.nhs.uk)

**If your application form has been successful you will be sent a confirmation email with full details of the course. NHS Staff can now book training through the eManager system. Please see your line manager for more information.**

# What is a WRAP



## WRAP Training Events

**WRAP (Wellness Recovery Action Plan) helps people to stay as well as possible and is based on 5 key Recovery concepts. WRAP can assist people to improve their overall quality of life. Individuals and teams can have their own WRAPs.**

# and how do I get one?

### **Courses Available:**

- **WRAP Workshops**
- **WRAP Supporters Sessions**



## **WRAP Workshops**

**These consist of a series of three half day sessions. Participants are expected to commit to undertaking all 3 sessions.**

### **Aims**

- To create an understanding of how WRAP can help you manage your own wellness
- To explore the process of what is involved in creating your own WRAP
- To start the process of creating your own WRAP

### **Learning Outcomes**

Participants will have the opportunity to:

- Have a greater understanding of the recovery pathways
- Understand how WRAP can help you manage your own wellness
- Have a shared understanding of the ethics and values underpinning WRAP
- Understand the simple format that makes up the overview of WRAP
- Begin the process of creating your own WRAP

### **Prospective Participants**

- Open to all
- These workshops are very much about the individual developing their own WRAP. They do not enable you to facilitate groups to develop WRAP
- When you have a working WRAP, you are then thought to be in a position to work one-to-one with people to support them going through the process
- It has generally been acknowledged that the process of developing wellness recovery action planning is enhanced when done as part of a group

## WRAP workshop dates

Thursday 3 <sup>rd</sup> June 2010	WRAP Part 1	Houston Room, Education Centre, St Johns Hospital, Livingston
Thursday 10 <sup>th</sup> June 2010	WRAP Part 2	
Thursday 17 <sup>th</sup> June 2010	WRAP Part 3	

Thursday 9 <sup>th</sup> September 2010	WRAP Part 1	The Melting Pot
Thursday 16 <sup>th</sup> September 2010	WRAP Part 2	
Thursday 23 <sup>rd</sup> September 2010	WRAP Part 3	

### **Please note**

- All sessions run from 9:30 – 12:30 followed by a buffet lunch.
- Participants are expected to do all three of the workshops from one block (for example all the June or all the September sessions). This is because it is important that the same group completes the course together.

### **Enquiries**

For any enquiries on the **content** of these workshops, please contact:  
Susan Pollock, Training & Development Facilitator;  
Email [susan.pollock@nhslothian.scot.nhs.uk](mailto:susan.pollock@nhslothian.scot.nhs.uk); Tel: 0131 536 9426

**To book a place, please complete the attached application form at the end of this section**

## WRAP Supporters Session

### Aim

- To raise awareness and understanding of the process of WRAP
- To increase understanding of how to support someone to use their own WRAP

### Learning Outcomes

Participants will have the opportunity to:

- Understand the format of WRAP and the principles underpinning the process
- Understand the goals and objectives of WRAP, thereby being able to support somebody through the process of using WRAP as a 'self management tool'

### Prospective Participants

This session is open to anyone that might support somebody to use their WRAP. This could include friends, families, carers, support workers, nurses, social workers, etc.

Thursday 24 <sup>th</sup> June 2010 9.30am – 12.30pm	WRAP Supporters Session	Maple room, Wighton House
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### Enquiries

For any enquiries on the **content** of these workshops, please contact:  
Susan Pollock, Training & Development Facilitator;  
Email [susan.pollock@nhslothian.scot.nhs.uk](mailto:susan.pollock@nhslothian.scot.nhs.uk); Tel: 0131 536 9426

**To book a place, please complete the attached application form at the end of this section**

## WRAP Training and Education Programme

### Request Form – WRAP only

Please complete this request form stating if you have any particular requirements, as we will try to meet these wherever possible.

**Name:**

**Job Title: (if applicable)**

**Organisation: (if applicable)**

**Service/Ward/Department: (if applicable)**

NHS Lothian  Voluntary Sector  Local Authority  Private/Commercial  Carer

Other Statutory body  Public participant  Person with lived experience  Other  \_\_\_\_\_

**Address**

**Post code**

**Tel:**

**Email:**

**Please note all correspondence will be sent by EMAIL only – If you would like to receive correspondence by POST, please tick the box**

**Locality: Edinburgh  Midlothian  East Lothian  West Lothian**

**WRAP sessions applied for:**

Please indicate your first and second choice dates/times on courses running more than once.

(contd)



# Suicide Prevention Programme

## Introduction

The 10 year Choose Life national strategy and action plan launched in December 2002 gave impetus, momentum and support to suicide prevention, education and awareness raising and created robust local, regional and national infrastructures upon which to build.

The Scottish Government published *Delivering for Mental Health (DFM)* in December 2006. It set out 14 commitments and introduced for the first time HEAT targets directly associated with mental health and wellbeing.

### **Commitment 7**

DFM recognised that a key skill for all staff working across the NHS and social care settings is their ability to identify and assess in individuals using their services who may be at risk of self-harm or suicide and to be aware of how to provide and obtain help and support for people. This commitment was then translated into one of the Government's HEAT Targets:

### **H5 HEAT Target**

***Key frontline staff in mental health and substance misuse services, primary care, and accident and emergency being educated and trained in using suicide assessment tools/ suicide prevention training programmes by 2010***

## What this means for Lothian

Suicide prevention training will be extended to those working in the frontline of mental health care services, primary care and acute services.

Lothian's Suicide Prevention Training Programme has been developed and focuses:

- Raising awareness of high risk and vulnerable groups and the impact on families and communities
- Improving the assessment and management of risk of suicidal behaviour and self-harming behaviours
- Increased skills and competencies to assess and respond to people at risk of suicide.

The programme comprises courses on Raising Awareness, Mental Health First Aid, STORM, SafeTALK, ASIST and Reflective Learning.

**We are committed to training 3,500 NHS Lothian staff by December 2010.**

**If you would like a copy of the full Suicide Prevention Programme please contact the Project Administrator, Mental Health & Wellbeing Team, NHS Lothian, Deaconess House, 148 Pleasance, Edinburgh EH8 9RS Tel: 0131 536 9411, Fax: 0131 536 9406, Email [LH\\_mentalhealthadmin@nhslothian.scot.nhs.uk](mailto:LH_mentalhealthadmin@nhslothian.scot.nhs.uk)**

## Mental Health & Wellbeing Team

**Linda Irvine**, Strategic Programme Manager

**Prappy Campbell**, Assistant Programme Manager

**Sarah Cairns**, Project Administrator

**Sheena Lowrie**, Senior Health Promotion Specialist

**Richard Murray**, Clinical Standards Facilitator

**Susan Pollock**, Training & Development Facilitator

**Marie Sutherland**, Coordinator, Suicide Prevention Training Programme

**Rachel King**, Senior Health Promotion Specialist – Student Training

**For further information on any of our courses please contact:**

**Project Administrator  
Mental Health & Wellbeing Team  
Deaconess House  
148 Pleasance  
Edinburgh  
EH8 9RS  
Email:  
LH\_mentalhealthadmin@nhslothian.scot.nhs.uk  
Tel: 0131 536 9411, Fax: 0131 536 9406**

Information on a range of health related courses is also available from NHS Lothian Health Promotion Services Training Programme contact:

Administrator  
Health Promotion Service  
3<sup>rd</sup> Floor Lauriston Buildings  
Lauriston Place  
Edinburgh EH3 9HA  
Tel: 0131 536 3500

### Venues include:

The Engine Shed 19 St. Leonard's Lane Edinburgh, EH8 9SH	The Scottish Health Service Centre Crewe Road South, Edinburgh, EH4 2LF	Wighton House Niddrie Mains Road Edinburgh, EH16 4EA
The Quayside New Street, Fisherrow Harbour Musselburgh, EH21 6DH	Salisbury Centre 2 Salisbury Road Edinburgh EH16 5AB	McDonald Road Conference Centre 95 McDonald Road Edinburgh, EH7 4NS
Howden Park Centre Howden Livingston EH54 6AE	Loanhead Miners 74 The Loan Loanhead, EH20 9AQ	The Melting Pot 5 Rose Street Edinburgh, EH2 2PR
	Lanthorn Complex Kenilworth Rise, Dedridge Livingston, West Lothian EH54 6JJ	