

Annual Report

July 2022 - June 2023



HSE
Mental Health
Engagement
& Recovery



Contents

- | | | | |
|-----------|-------------------------------|-----------|--------------------------------|
| 03 | Our Acknowledgements | 33 | Recovery Education Acute Units |
| 04 | Message from Head of Service | 40 | 3rd Level Partnerships |
| 06 | Executive Summary | 43 | Mental Health Staff Training |
| 08 | Our Year in Numbers | 46 | Other Events |
| 10 | Reflections 5 Years On | 49 | Spotlight Perinatal |
| 11 | Meet The Team | 50 | Spotlight Trauma Co-Production |
| 13 | Recovery Education | 51 | Spotlight Coffee & Connection |
| 14 | Our Vision & Mission | 53 | Development & Innovation |
| 15 | Our Work | 54 | Self-Paced Courses |
| 16 | Quality Assurance | 56 | New Workshops |
| 17 | Our Development Cycle | 59 | Introduction to WRAP |
| 18 | Our Stakeholders | 60 | New Training Co-Production |
| 19 | Recovery Education Community | 62 | Live & Recorded Webinars |
| 22 | Online Community Workshops | 63 | Social Media |
| 28 | In-Person Community Workshops | 64 | Year of Engagement |

Acknowledgements

Mid West ARIES wishes to acknowledge the following individuals and groups who use their experience, expertise and commitment to support the development and roll-out of recovery education in the Mid West:

Maria Bridgeman (Chief Officer)

Nuala Kelly (Head of Service)

Rosemary Ryan (Mid West HSE Area Lead Mental Health Engagement)

Mid West Communities

Our Community Partners

Area Management Team

Service Improvement Steering Group

The Staff of the Mid West Mental Health Services

Service Reform Fund

HSE Mental Health Engagement and Recovery

Mental Health Ireland

HSE Mid West Community Healthcare

Communications, HSE Mid West Community Healthcare



Message from the **Head of Service**



I am delighted to welcome you to the Mid West ARIES Annual Report July 2022 - June 2023.

It was another year of strong growth in both reach and engagement for Mid West ARIES as the team continued to expand and innovate while delivering a quality assured recovery education service across the Mid West region. The core message that "Recovery from Mental Health Challenges is Possible" continues to give hope to those using the service, their families, carers and supporters, our mental health staff, and our community partners.

I am particularly proud that the service has built strong and ongoing partnerships across the Mental Health Service and are involved in some very exciting projects with the Acute Psychiatric Units in both Ennis and UHL, Mid West Community Healthcare Occupational Therapy and the Specialist Perinatal Mental Health Service. It is a great example of integration and collaboration in service improvement.

It was also a great year for community partnerships with workshops running across the region from Kilrush to Limerick to Nenagh. The service could not deliver their full programme of recovery education without the support of mental health organisations, cultural institutions such as the Hunt Museum and third level colleges.

During the period the service celebrated its five year anniversary. So much has been achieved in such a short space of time and I look forward to the next five years to see how this vital service continues to grow, innovate and develops.

A stylized, handwritten signature in black ink, appearing to read 'Nuala Kelly'.

Nuala Kelly

Head of Service - Mental Health





“The facilitators were fantastic in making people feel at ease and included everyone with encouragement to speak.”

What People Say About Our Workshops

Executive Summary

The year July 2022 to June 2023 saw Mid West ARIES consolidate and grow in both reach and engagement across the Mid West region and nationally, as the service continued to develop and extend its hybrid delivery approach. We are fully committed to providing multiple, innovative, accessible pathways for those wanting to access and engage with recovery education.



Growing
Year on Year

From face-to-face workshops both in the community and in the Acute Psychiatric Units, to online community workshops, to self-paced courses, webinars, podcasts and through our social media outlets we continued to use our in-house development expertise, fuelled by our team's passion to deliver our message *"that recovery from mental health challenges is possible"*. We continue to build relationships with our community and HSE partners, and after five years of development we are now seeing the fruition of that hard work, where Mid West ARIES is now seen as a trusted brand and partner. While we celebrate this year's hard work we also look forward to new projects coming on stream that began in this period. For instance, our co-produced "My Perinatal Self Care Workbook" in partnership with the Specialist Perinatal Mental Health Service will be launched in Q4 2023. Meanwhile, our "Understanding Acute Mental Health Services for Families, Carers and Supporters" self-paced course has been shortlisted for the Excellence Awards - Innovation in Service Delivery Category.

OVERALL DELIVERY

Year on year we continue to see an increase in the number and the scope of events we offer, covering all of our work streams. **Overall, we delivered 358 events (an increase of 9.82% on the previous year), with 5,790 engagements (an increase of 8.88%).** (*Engagement refers to the number of people who engaged with an event.)

RECOVERY EDUCATION IN THE COMMUNITY

Covid restrictions at an end, the team made a strong return to face-to-face delivery across all three counties, Limerick, Clare and North Tipperary. Working closely with our community partners, ranging from local libraries, third level institutions, family resources centres, mental health associations and cultural organisations, **we ran 32 face-to-face workshops with 329 engagements.** This represents a massive **422% increase in engagements** on the previous year. We continued to provide online wellbeing workshops in response to the needs of our learner cohorts, with **82 events facilitated with strong attendance rates producing 622 engagements.**

RECOVERY EDUCATION IN THE ACUTE PSYCHIATRIC SETTING

A core service we provide is recovery education workshops twice a week in both Ennis and University Hospital Limerick Acute Psychiatric Units. **During this period 168 sessions were delivered in total with 1,468 engagements.** We are delighted to report that there has been a **16% increase in engagements** on last year.

MENTAL HEALTH STAFF TRAINING

During the period we delivered **2 Recovery Principles & Practice Workshops with 24 engagements**. The module itself is currently being re-imagined with two of the Mid West ARIES team contributing to the national sub-group. This has somewhat delayed our normal delivery schedule as we await the new module, but we are excited to launch the new version in Q1 2024. In the meantime, we have delivered a variety of in-house training modules covering co-production, facilitation skills, and personal narrative training to our mental health service and recovery education colleagues. **Overall, 18 sessions were facilitated with 75 engagements.**

3RD LEVEL

Mid West ARIES extended its partnership with the University of Limerick this year with training delivered to allied health, nursing and clinical psychology students. We have also developed a research partnership with the Allied Health Department. We are excited to announce that our first research project will begin in Q3 2023 in partnership with the Hunt Museum and Mid West Community Healthcare Occupational Therapy. We also consolidated our partnership with Mary Immaculate College, Psychology Department, delivering a training module to psychology students. Overall, we delivered **3 training inputs to third level students with a total of 174 engagements.**

CO-PRODUCTION

This year saw two important co-production partnerships with Mid West Community Healthcare Psychology and the Specialist Perinatal Mental Health Team, UMHL. We ran 4 co-production sessions focusing on trauma: two in the Acute Units, one in the community and another online. We also provided an online questionnaire. Following on from our very first dedicated *"Self Care, Building My Resilience"* Workshop for women attending the Perinatal Mental Health Service, we hosted an online co-production survey to produce a Self Care Perinatal Workbook, launch date, Q4 2023. **Overall, we hosted 6 co-production events with 96 engagements.**

OTHER EVENTS

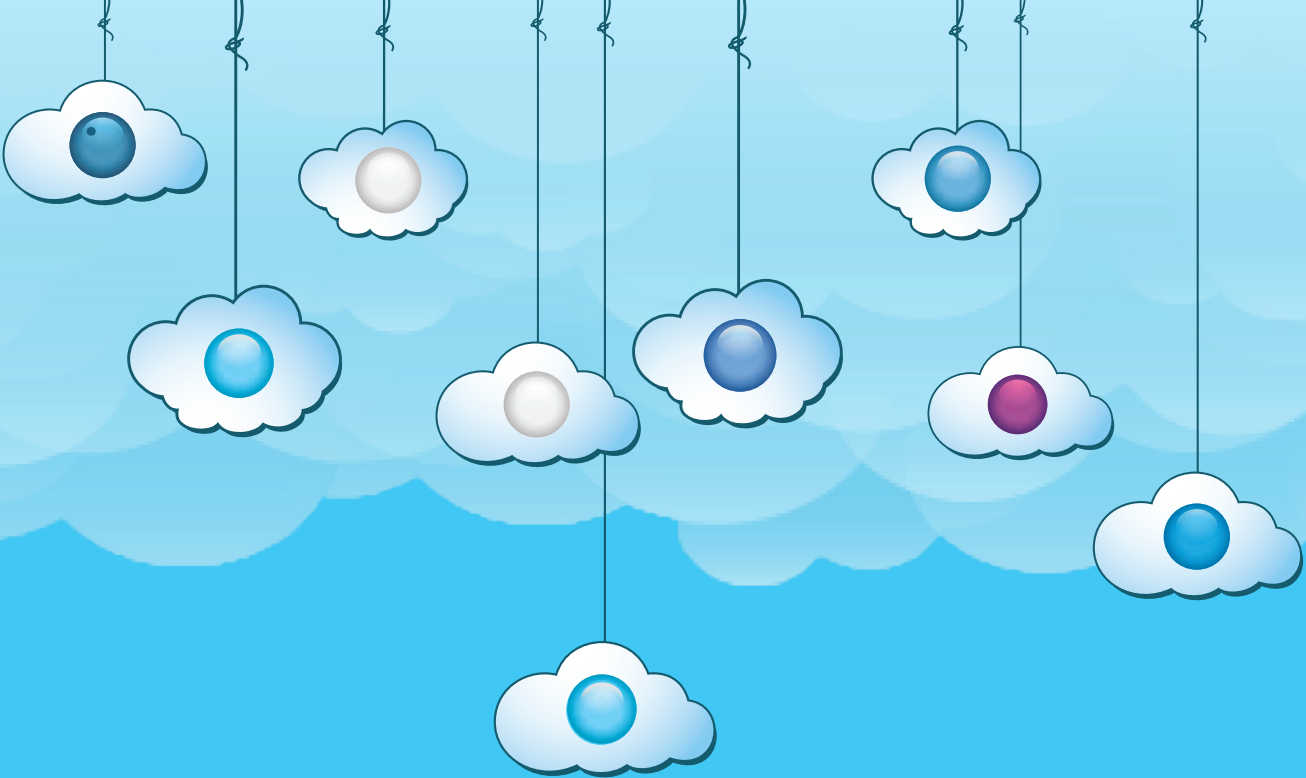
Our development strategy enables us to broaden and extend our working partnerships both within the HSE and within the community. **To this end we ran a total of 21 events with 462 engagements, an increase of 170% on last year.** Key partnerships were developed with the Specialist Perinatal Mental Health Service, the Hunt Museum, the National Learning Network - Focus Programme and Mid West Occupational Therapy.

SELF-PACED

We continued to innovate to meet the needs of our learners and in particular further developed our self-paced offerings. This year saw the launch of the Acute Psychiatric Unit, Limerick, version of *"Understanding Acute Mental Health Services for Families, Carers & Supporters"* course including walkthrough and staff videos. **Over the period we had 1003 engagements.**

WEBINARS

Our monthly webinars in partnership with Mental Health Ireland continued to be very popular with **10 webinars in total and 1,291 engagements** (live and recorded versions).



Mid West ARIES Our Year in Numbers



Growing Year on Year

Working harder to meet the recovery education needs of people across the Mid West region and nationally.

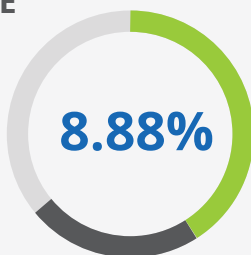
NO. OF ENGAGEMENTS



5,790

Increasing Our Reach

INCREASE



Year on Year Growth

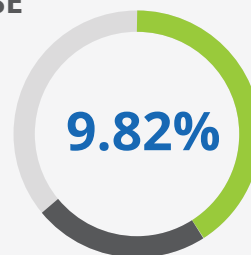
NO. OF EVENTS



358

Delivering More Events

INCREASE



Year on Year Growth



ACTIVITY	Events	Engagements
01. Online Community Workshops	82	622
02. Face to Face Community Workshops	32	329
03. Acute Psychiatric Unit Workshops	168	1,468
04. Staff & Volunteer Training	18	75
05. 3rd Level Training & Workshops	3	174
06. Coffee & Connection Virtual Cafe	12	246
07. Co-Production	6	96
08. Webinars (Live & Recorded)	10	1,291
09. Recovery Principles & Practice	2	24
10. Additional Events	21	462
11. Self-Paced Courses	4	1,003
TOTALS FOR YEAR Jul 22 - Jun 23	358	5,790

Reflections 5 Years On



This year we celebrate Mid West ARIES' five year anniversary. It is a moment for reflection and celebration for us as a team.

My own involvement began in 2016 when I was invited to participate as the service user representative on the Mid West ARI Project (Advancing Recovery in Ireland), and then as a co-facilitator to deliver "Recovery Principles and Practice" to mental health staff. On foot of a research partnership between the Mid West ARI group and the University of Limerick the need for a recovery education service was identified. In 2018 funding was secured for two posts to take ARIES to the next stage. I, and my colleague Eileen Cunningham, came into post in February 2018 and our instruction was clear: "Go build a service!". And this is what we did; building the foundation for a service that has grown in reach and engagement exponentially year on year.

In 2020 we secured funding for the expansion of the team to nine staff to include a Manager; an Education, Training & Development Officer; a Peer Education Training & Development Officer; plus six part time Recovery Education Facilitators. We also faced challenges. 2020 brought Covid-19 and the restrictions that followed. Responding to the needs of the people who use our service, we transitioned online, creating new ways for people to engage with our co-produced workshops and resources. We now offer a fully hybrid learning experience, with a range of courses both online and in person. A highlight for me is our co-produced self-paced courses available online 24/7. This is an example of SláinteCare in action – Right care, Right place, Right time.

Today I am extremely proud of the journey we have travelled together. **This year our team delivered 358 events with 5,790 engagements.** That is a phenomenal achievement and I want to take this opportunity to thank our dedicated staff for their hard work and commitment to excellence. We also could not have achieved what we have done in the last five years without the support of management, mental health staff, our community partners, the people who use our service and their supporters and family members. ARIES is a true example of co-production in action. And finally, for ARIES to be shortlisted in the HSE Excellence Awards twice in four years is a measure of the quality of our work and the commitment of Mid West Community Healthcare Mental Health to putting people at the centre of their recovery journey.

Mike O'Neill

Manager - Mid West ARIES

Meet the Team

Reflections On Our Working Year



Mike O'Neill
Manager

I'm absolutely delighted to see our service grow again year on year; to lead on the delivery of a range of recovery education options for people in the Mid-West and beyond is such a privilege. The highlight for me is being shortlisted for the HSE Excellence Awards for the second time in four years, recognising the quality of service we deliver.



Cillian Keane

Peer Education, Training & Development Officer

The magic and highlight of the work is when you feel energised after events or when different initiatives go well. In these moments, you get that sense you are making a real difference in helping people improve their mental health and wellbeing. There is no better feeling than that.



Eileen Shine

Recovery Education Facilitator

In my own life, journaling has been a constant source of reflection, friendship and hope, the first journal I started to write was at 13 years of age. This year we had the privilege of co-producing and delivering a workshop on "Journaling for your Wellbeing". It felt like such a full circle moment, to bring my young teenage self into the present day, with all the gifts she gave me.



Margaret Keane

Education, Training & Development Officer

Reflecting on the last year I think of how far we have come as a service and developed as a team. There have been many standout moments but working with our partners, in particular the Specialist Perinatal Mental Health Team, both Acute Units, the Hunt Museum and the NLN Focus Group has been a fantastic experience.



Noelle Tanner

Recovery Education Facilitator

Reflecting on another year past I have realised the importance of the work we do. The perinatal workshops stood out for me. Seeing the importance of providing a space for mums to come together and reflect on their journey to motherhood, having their voices heard as a person and not just as a mum or mum to be.



Laura Carey

Recovery Education Facilitator

The highlight of my work year has to be at a recent workshop I facilitated in the Acute Psychiatric Unit, Ennis. I felt I made such a great connection with the group; one woman in particular thanking me for sharing my story. It reminded me how important my work is to me."

Meet the Team



Thomas Cole

Recovery Education Facilitator

In the past year, my work has revolved around meeting the needs of a community through promoting well-being, self-care and creativity. It's been a gratifying journey to witness the positive impact on individuals and the collective, and I'm eager to continue serving and uplifting the community in the coming year.



Sylvia Kiely

Recovery Education Facilitator

My highlights this year have been centred on the theme of connection, especially in facilitating workshops in the acute units. The impact of sharing my lived experience was made real in one particular workshop where participant feedback stated that the workshop had changed her life forever. This lifted my heart and also reminded me to not overlook the power of the human story in our work.



Reflections On Our Working Year



Mags Clifford

Recovery Education Facilitator

I think my learning for this year in delivering workshops in community settings is be myself and be honest, people will relate to honesty and hopefully my sense of humour. This work is hard, but the reward is greater, just to see someone realise their potential or strength in a 2 or 3 hour workshop is a buzz for me.



Nikki Fallon

Recovery Education Facilitator

I learned a lot about mental health and about myself. I've learned that using vulnerability and raw honesty in my work has been impactful. In these moments, I've found that I can connect in a much more meaningful way with our workshop participants. I've also learned the true value of a team who minds each other, and I've thoroughly enjoyed this work.



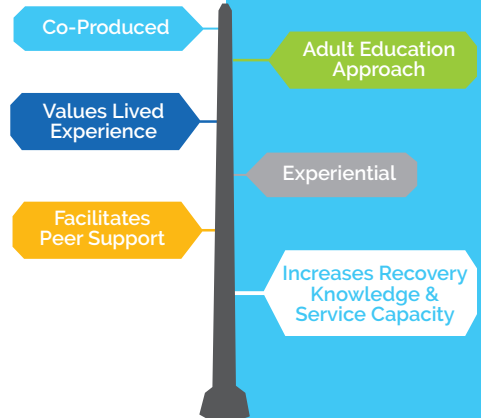


Recovery Education



What We Do

Mid West ARIES is a recovery education service offering a wide range of courses, information and educational materials on recovery and wellbeing in mental health. We deliver in-person workshops across Clare, Limerick and North Tipperary and nationally online.



All Mid West ARIES activities are guided by the National Framework for Recovery in Mental Health 2018-2020, in particular the four principles which underpin a recovery orientated service.

Our Vision

To provide the Mid West Region with an inspirational, transformative and inclusive educational programme on recovery and well-being.



Our Mission



- To provide education and resources created and delivered by service users, family members, carers and mental health professionals.
- To inspire hope, create opportunities and foster the belief that recovery and well-being are possible.
- To promote education as a tool in mental health recovery.
- To make this programme available in Limerick, Clare and North Tipperary.
- To promote a culture of inclusivity, mutual respect and learning among all: service providers, service users, family members, friends, carers and anyone with an interest in mental health and well-being.



Our Work



IN-PERSON & ONLINE IN THE COMMUNITY

Making recovery education accessible



ACUTE PSYCHIATRIC UNITS
Personal and clinical recovery working together



MENTAL HEALTH STAFF TRAINING
Supporting recovery focused work practice



3RD LEVEL TRAINING & WORKSHOPS
Making personal recovery part of the curriculum

Recovery Education For All

This year we continued to consolidate our hybrid learning approach offering transformative learning experiences face to face, online and self-paced. We are dedicated to ensuring that recovery education is accessible to all, providing multiple points of engagement to support different learning styles, mixed abilities and personal circumstances.

DEVELOPMENT & INNOVATION

New initiatives & partnerships to develop and improve recovery education now and into the future



Quality Assurance



Mid West ARIES continues to maintain and enhance the quality of our recovery education service. Our vision, mission, values and principles are at the core of everything we do in the Mid West.



Our values, principles, guidelines and strategies are essential to maintaining the quality of our service. They serve to promote best practice, standardise our delivery, ensure that legislative and regulatory requirements are met, and ensure that our team is clear on their roles and responsibilities.

With a team of 3 full time and 6 part-time staff, we continue to offer ongoing continuous professional development training opportunities to our staff and volunteer staff facilitators.

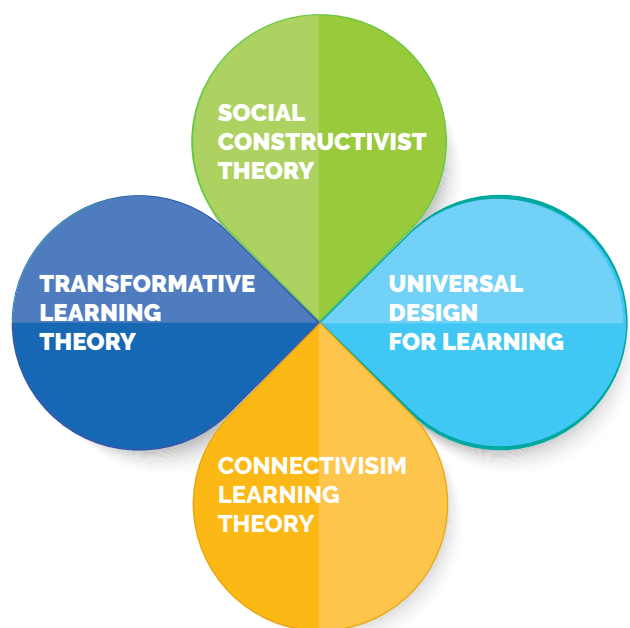
Our **Community Development Work Core Values** and our **Core Communication Principles** guides and supports the building of key partnerships with community partners across the Mid West region.

We continue to use the **“Resources to Support the Development and Implementation of Recovery Education 2020-2025”** and the **“Toolkit to Support the Development and Implementation of Recovery Education 2020-2025”** as guidance in all of our development work.

We have also developed a wide range of in-house guidance documents covering everything from the development cycle, staff recruitment and training, GDPR, communications and promotion to ensure that quality assurance is at the forefront across our activity streams.

Using the **“Co-Production in Practice Guidance Document” (2018-2020)** and the development team’s expertise in curriculum development, we develop a wide range of engaging and impactful

learning content incorporating best practice instructional design principles and technologies. We are currently in the process of developing a Quality Assurance Manual to ensure that all of our course meets the highest of standards and excellence.



Our Development Cycle



From workshop topics to learning content, all of Mid West ARIES educational output goes through a rigorous development cycle starting with co-production, right through to co-evaluation and co-delivery. We also receive and record on-going learner feedback which creates an on-going co-production loop that sits at the heart of every workshop or resource.



Ongoing Cycle Feedback, Review & Update



Our Stakeholders

Co-production ensures that our workshop topics and learning content meets the needs of our stakeholders.



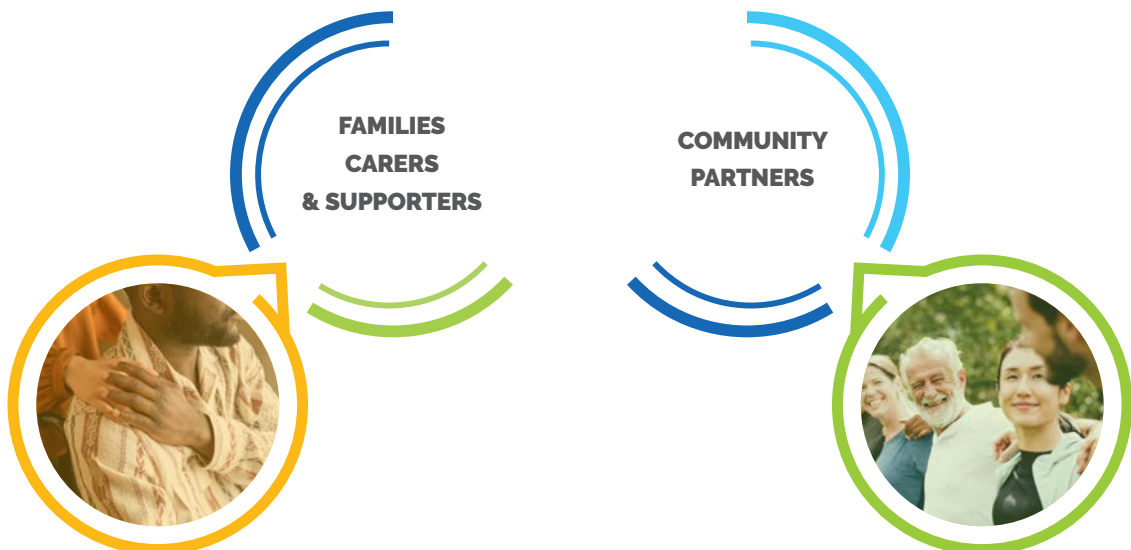
Each co-production session yields a wide range of workshops, resources and courses for hybrid learning with a mix of delivery styles from face-to-face, synchronous online and self-paced.



Co-Production

is a way for people who use the mental health services (including their families and carers) and community partners to work together with people who provide mental health services, to make those services better.

Mid West ARIES co-produced definition



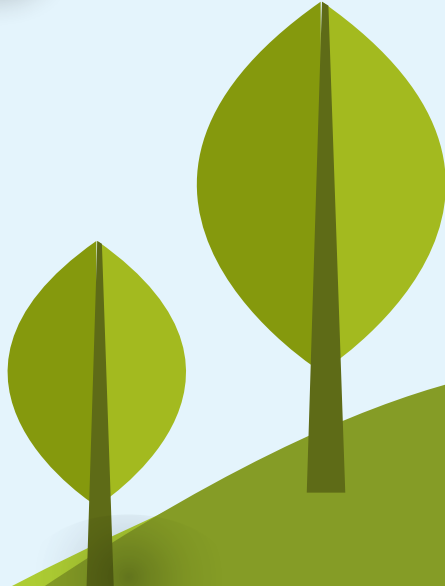
Recovery Education Community

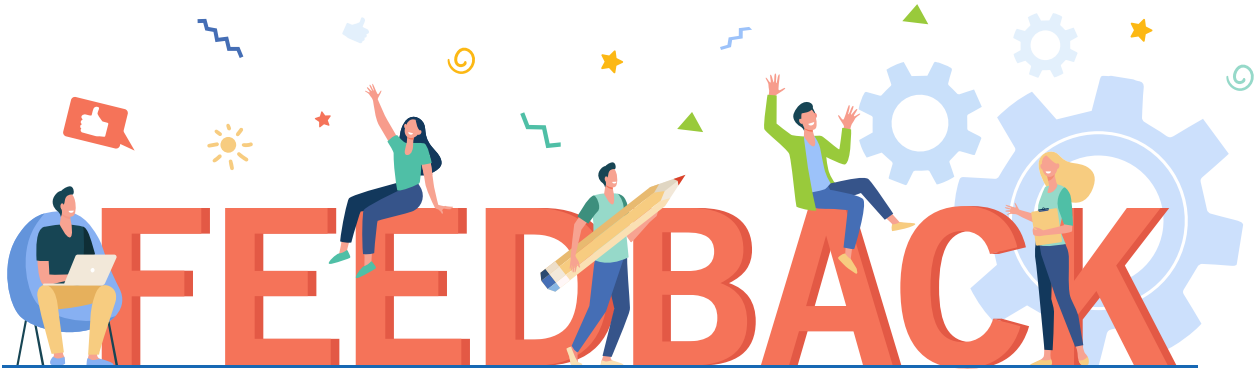
We remain committed to working with communities across the Mid West to provide a comprehensive, co-produced and co-delivered educational programme on recovery and well-being to those aged 18 years and over.



Our community workshops, whether online or in-person, form a core part of our monthly delivery schedule. We are delighted to report that this year we saw a further strong return to face-to-face delivery with **32 workshops** and **329 engagements**, representing a massive **422% increase** for engagements on the previous year.

Meanwhile our online workshops continue to prove popular with **82 workshops** and **622 engagements** across the period. We will continue to offer online workshops for those who find attendance to our in-person events challenging, either through geography, their current mental state or disability. We are committed to breaking down barriers to access to recovery education.





Recovery Education in the Community

Evaluating Impact

Co-evaluation of all workshop content and delivery is key to maintaining a quality assured recovery education service. At the end of each online or in-person community workshop an anonymous feedback form is shared with participants. This takes the form of both quantitative and qualitative questions.

QUANTITATIVE FEEDBACK

We use two 5-point Likert scales to evaluate each workshop. The first scale evaluates participants' satisfaction with the facilitation and delivery across 11 statements, capturing participants' overall satisfaction with the learning experience:

1. *The process of becoming involved in the session was straightforward and trouble-free.*
2. *I felt welcomed by the facilitators to the session.*
3. *The technology used was adequate. (Online) OR The venue was comfortable with adequate facilities (in-person).*
4. *The aims and objectives of the session were clearly explained.*
5. *My involvement and contributions were supported and facilitated well.*
6. *The involvement and contributions of other group members were supported and facilitated well.*
7. *I felt respected and my opinions were valued.*
8. *The facilitators were knowledgeable.*
9. *The facilitators communicated effectively.*
10. *The structure of the session helped to achieve the stated aims.*
11. *I would be happy to participate in a future ARIES session.*

The second scale is based on the five key aspects of personal recovery identified by the **CHIME Framework**: Connectedness, Hope, Identity, Meaning and Empowerment.

1. *I felt connected to the activities and processes in this session.*
2. *I feel hopeful about Recovery after taking part in this session.*
3. *I feel my identity was recognised and valued in this session.*
4. *I feel that the material delivered in the session is meaningful to me.*
5. *I feel more empowered after taking part in this session.*

QUALITATIVE FEEDBACK

We also gather qualitative feedback by asking what worked best and what worked less well or could be improved at the end of each workshop delivered. All of this feedback is then used to evaluate, reflect and update our learning content and delivery, in line with our co-production development cycle.



"I really appreciate the opportunity to learn the skills I need and getting to talk to people who have been and are in the same place as I am."

What People Say **About Our Workshops**

Online Community Workshops



Our online community workshop programme remains a popular option for learners and allows for greater reach and accessibility. We stay committed to offering transformative learning experiences online. Our experienced facilitation team have developed an expertise in online facilitation and ensure that the online experience meets all quality assurance standards in terms of best practice.



This year, as we made a strong return to in-person workshop delivery which necessitated a reduction in our online workshop offerings. **We facilitated 82 online community workshops with 622 engagements.** The online learning space provides a welcome alternative to those who, for reasons of disability, accessibility and time constraints, cannot attend our in-person events. After the live event all attendees receive a comprehensive learner pack with additional learning resources including the workshop responses to support their on-going learning and personal recovery goals.

Free Online Mental Health & Wellbeing Workshops
For anyone aged 18+ with an interest in mental health

	"Taking part in this workshop was healing for me."	All of our workshops are free to attend.
	"Really love this! I feel less lonely."	
	"I'm learning to understand myself better."	Our workshops are for anyone (aged 18 and over) with an interest in mental health and wellbeing.

All of our workshops are co-produced. This means that the topics are created by people with lived experience of mental health challenges, people using the services, family members and service providers.

All online workshops are 2 hours in duration.

BOOK NOW ON EVENTBRITE
<https://midwestaries.eventbrite.ie>

For More Information Contact:
Margaret Keane
| margaret.keane@hse.ie

Online
Community
Quantitative



CHIME Online Community



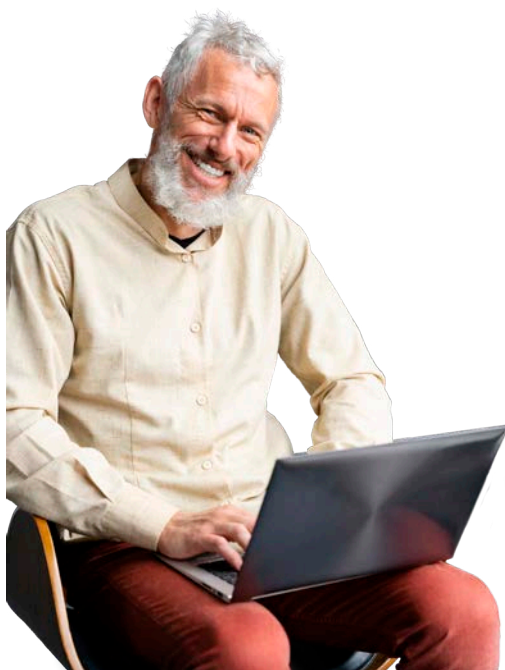
PERSONAL RECOVERY METRICS

OVERALL SATISFACTION

We are delighted to report that once again our respondents have reported an exceptionally high level of satisfaction with the overall learning experience. This is testament to the expert online facilitation skills of our Recovery Education Facilitators who are dedicated to ensuring that the online experience is equal to the in-person experience for our participants.

PERSONAL RECOVERY - CHIME

The CHIME framework provides us with compelling metrics to evaluate how our workshops have supported an individual participant's personal recovery. This year, as in previous years, we can report consistently high levels of positive responses across Connectedness, Hope, Identity, Meaning & Empowerment.



Online Community Workshops



The workshop and facilitators are excellent. I am in a negative head space but I have some tips now to try and move forward.



I enjoyed chatting to the facilitators as they have gone through what we have.



Thank you very much. I learned so much the past three days from each other's stories, worksheets and presentations.

Giving time for each participant to share their experience, so we feel like part of a community and don't feel alone.



I enjoyed today. The hosts held a really lovely and compassionate space and came across as a caring bonded team, while encouraging all to participate.

Lovely graphics, an uncluttered presentation, and a lovely diverse group of inspiring women!

Hearing lived experiences and how people use creativity to help mental health problems and sustain good mental health.

Active participation by all attendees was very well facilitated. By sharing their own thoughts and experiences, it led the way for others to share.



I actually found all of it useful - and I don't usually put that in feedback!

Online Community Where Did You Hear About Us?



Our Sources



Top 3

- Eventbrite 42%
- Mid West ARIES 15%
- Mental Health Services 11%

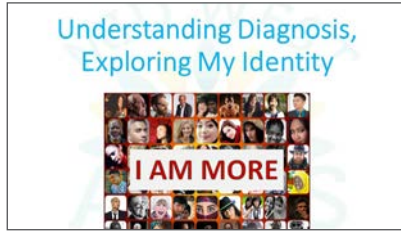
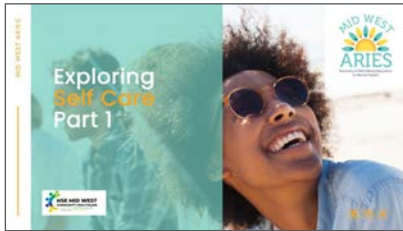


ONLINE COMMUNITY PROMOTIONAL STRATEGY

Understanding how people discover our educational programmes is vital to developing and improving our online community workshop promotional strategy, allowing us to identify gaps in our reach. Once again Eventbrite (42%) proved to be the main source of attendees, down 6% on last year. Whilst Eventbrite held its position, we were surprised to see that Facebook was down significantly from 10% to 1% this year. Meanwhile, it

is hugely positive to see that the Mental Health Services is now a key source of our attendees with 11% being referred to our online workshops. In addition, community organisations became a significant source, accounting for 8% of attendees. We have done much work to build our HSE and external partnerships over the year and this is now beginning to bear fruit. This may also account for workplace recommendations increasing to 9%.

Community Workshops





"I think this workshop created a fantastic online environment that fostered open discussion and created a safe space for sharing."

What People Say **About Our Workshops**

In-Person Community Workshops



This year saw a strong return to face to face delivery; part of our strategic plan following the complete lifting of covid restrictions. We are delighted to report that we delivered 32 in-person workshops with 329 engagements, representing a 422% increase. Our team has facilitated workshops in 10 locations across the Mid West including: Caherconlish, Ennis Women's Shed, Hospital, the Hunt Museum, Kilmallock, Kilrush, Nenagh Library, the NLN Raheen, Shannon Family Resource Centre and TUS Thurles.

IN-PERSON COMMUNITY WORKSHOPS

Workshops
32

Engagements
329

422%

COMMUNITY PARTNERSHIPS

We could not do what we do without the on-going support of our amazing community partners who provide venues and additional supports to ensure that the people they serve have access to recovery education. Whilst we consolidated our working relationships with Ballyhoura Development, the Limerick LifeLong Learning Festival, the Hunt Museum, the West Clare Mental Health Association, Nenagh Library and the Shannon Family Resource Centre, we are proud to announce new partnerships with the Ennis Women's Shed, TUS Thurles and the National Learning Network, Focus Programme. We cannot thank all of these organisations enough for their ongoing support. Guided by our Community Development Strategy Document we look forward to extending partnerships in the coming years.



In-Person Community Quantitative



CHIME In-Person Community

309
Respondents

95%

The Learning Experience
**OVERALL
SATISFACTION**

93%

CONNECTEDNESS
Felt connected to the activities and processes in the session

89%

HOPE
Felt hopeful about recovery after taking part

91%

IDENTITY
Felt their identity was respected and valued

93%

MEANING
Felt that the material delivered was meaningful

92%

EMPOWERMENT
Felt more empowered after taking part



PERSONAL RECOVERY METRICS

OVERALL SATISFACTION

Every individual who attends one of our in-person workshops is invited to complete a feedback form. 309 attendees completed feedback during this period. Attendees were asked to evaluate the content, delivery and learning experience across 11 statements. Once again, respondents recorded highly positive experiences right across the board with an overall satisfaction rate of 95%.

PERSONAL RECOVERY - CHIME

As with our online community workshops we ask attendees to complete a 5 point likert scale measuring their learning experience against the CHIME framework principles of Connectedness, Hope, Identity, Meaning & Empowerment. The high positivity rates are an indicator of the tangible impact of recovery education for respondents.

In-Person Community Qualitative

FEEDBACK



I really enjoyed the group work and the feedback from other groups. The facilitators were super.



I loved it all, the ideas from the groups, the co-production, the facilitators.



The team work was great. All ideas and opinions were welcomed for discussion. Great atmosphere in the session, lots of great ideas!

It was inclusive, fun with clear expectations. The recovery facilitators creativity videos were an excellent idea. The social aspect, meeting new people. Good for early recovery stages.



The interactive conversations and people's views around anxiety was very helpful and interesting. The group work was very enjoyable.

I learned that we can all suffer from a form of anxiety and that is normal.

Hearing lived experiences and how people use creativity to help mental health problems and sustain good mental health.

The group was brilliant, it was great that everyone got to mix. The facilitators were brilliant, making the content extremely engaging. The slides were very interactive and hearing different ideas opens up the mindset & promotes development.



Being with people who understand.

In-Person Community Where Did You Hear About Us?



Our Sources



Top 3

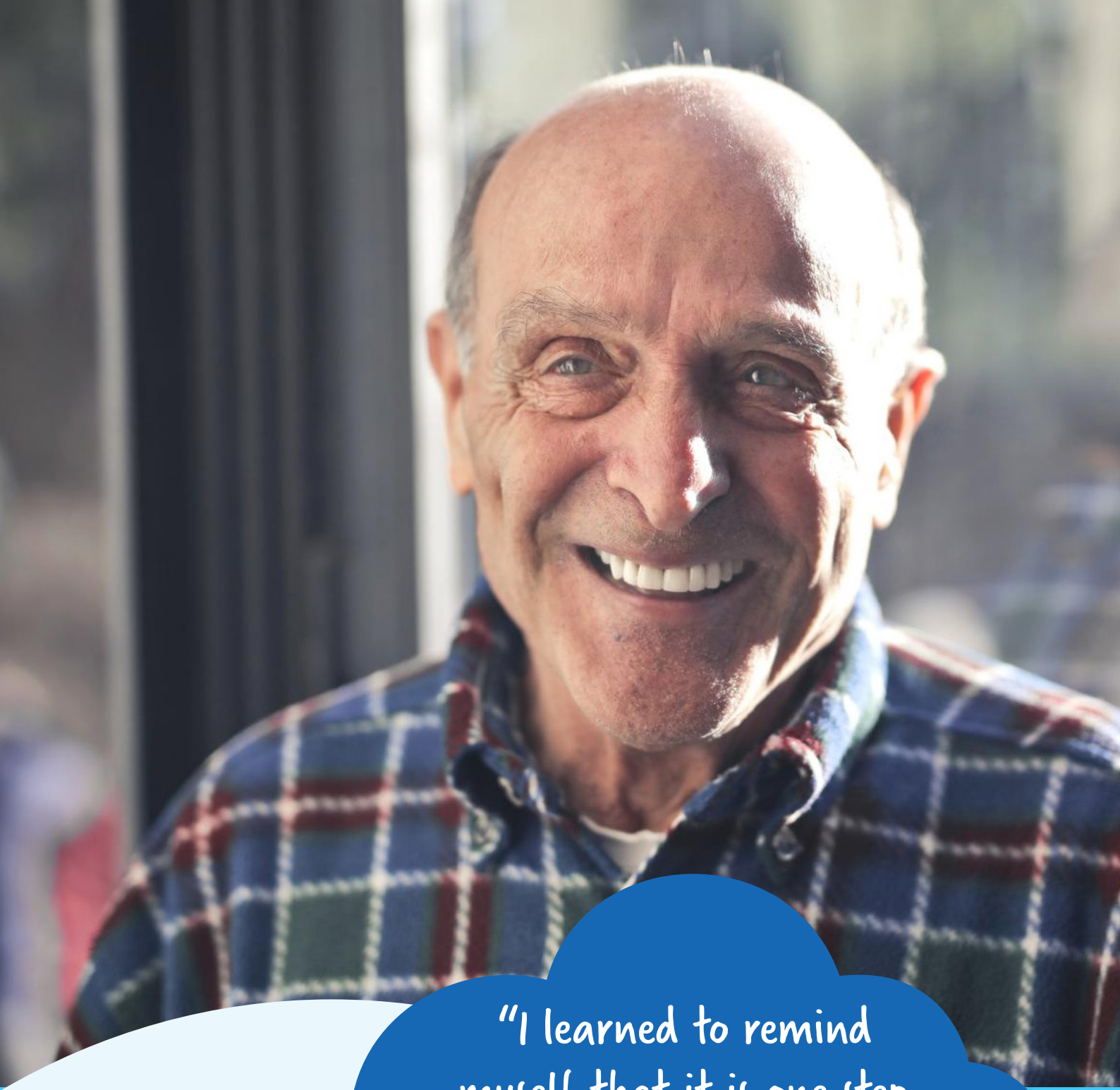
- Community Organisations 46%
- Other 21%
- Mental Health Services 10%



IN-PERSON COMMUNITY PROMOTIONAL STRATEGY

Our in-person community workshops are hosted in partnership with local community organisations across the Mid West region. These organisations, from arts institutions, such as the Hunt Museum, local development organisations like Ballyhoura Development and, of course, mental health associations have built a solid, trustworthy reputation within their communities. As such, they are well placed to promote our events

through their website or via their social media channels. As a result, the number one source of attendees for our in-person community workshops was, once again, community organisations with 46%. The high rating of Facebook at 7% is also part of this picture. It is also interesting to note that Mental Health Services accounted for 10% of attendance; a positive example of community and HSE partners working together.



"I learned to remind myself that it is one step at a time and to take it handy."

What People Say
About Our Workshops

Recovery Education Acute Units

Working with the Recovery & Wellbeing Team in both Acute Psychiatric Units to deliver a comprehensive programme of recovery education workshops is a hugely important part of our work.



We deliver a range of recovery education workshops twice a week in both the Acute Psychiatric Unit, Ennis, and the Acute Psychiatric Unit, University Hospital Limerick, with the focus on personal recovery. We continue to see a steady growth in attendance year on year. This year we delivered **168 workshops** with **1,468 engagements**, representing a **16% increase in attendance**.



Acute Unit Workshops



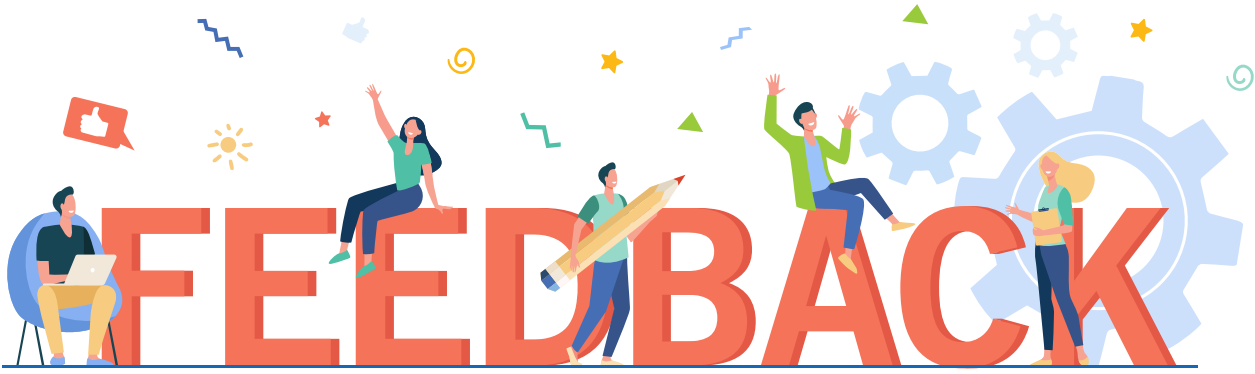
SUPPORTING PERSONAL RECOVERY IN AN ACUTE SETTING

This year saw 77 workshops delivered in the Acute Psychiatric Unit, Limerick, to 526 participants and 91 workshops in Ennis Acute Unit to 942 participants.

We would like to take this opportunity to thank our wonderful mental health staff who co-facilitate our acute psychiatric unit workshops: in particular, Sarah Danagher and Barbara Keating in Limerick and John O'Connor and Ciara Finn in Ennis. We could not bring recovery education to the Acute Units without their ongoing support and commitment.

Providing recovery education to in-patients in both units is an important part of our weekly schedule with workshops facilitated twice weekly in both Limerick and Ennis Acute Units. This is a vital part of the work for our Recovery Education Facilitators who bring the lived experience piece to each acute unit workshop by sharing their own personal story of recovery. Feedback reports from the unit confirm that it is this sharing of “what and who can help” in the recovery journey proves to have real impact for participants.





Recovery Education in the Acute Units

Evaluating Impact

As with our community workshops (in-person and online settings) it is equally important for us to gather feedback from the attendees in the acute settings to ensure that the service remains faithful to co-evaluation. We invite all participants to complete a short feedback form, including both quantitative and qualitative questions.

QUANTITATIVE FEEDBACK

Using a 5 point Likert scale the feedback form focuses on the five key aspects of personal recovery identified by the **CHIME Framework: Connectedness, Hope, Identity, Meaning and Empowerment**. In this way we can assess the effectiveness and impact of each individual workshop in terms of personal recovery.

1. *I felt connected to the activities and processes in this session*
2. *I feel hopeful about Recovery after taking part in this session.*
3. *I feel my identity was recognised and valued in this session.*
4. *I feel that the material delivered in the session is meaningful to me.*
5. *I feel more empowered after taking part in this session.*

QUALITATIVE FEEDBACK

We also gather qualitative feedback by asking what worked best and what worked less well or could be improved at the end of each module delivered.

All of this feedback is then used to evaluate, reflect and update our learning content and delivery; supporting our co-production review and update cycle.

Mid West ARHS Feedback Form

Session Title: _____ Date of Session: _____
 Facilitators: _____ Location: _____

Thank you very much for taking part in this session.
 We would like your feedback to help us in planning for the future.

Please respond to the statements below, ticking an option from Strongly Disagree to Strongly Agree:

Statement:	Please tick a box:				
	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I felt connected to the activities and processes in this session.					
I feel hopeful about Recovery after taking part in this session.					
I feel my identity was recognised and valued in this session.					
I feel that the material delivered in the session is meaningful to me.					
I feel more empowered after taking part in this session.					

Please answer the following questions based on your experience today:

What worked well in the session today?

What worked less well in the session today or what could be improved?

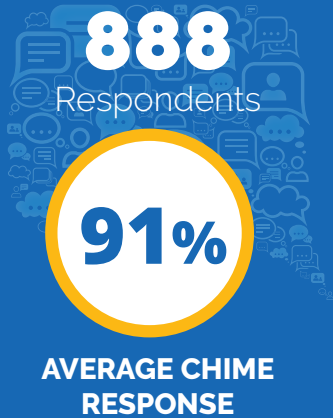
Any other comments or suggestions?

Thank you!

Acute Units Quantitative



CHIME Acute Units



PERSONAL RECOVERY METRICS



PERSONAL RECOVERY - CHIME

Responses from 888 participants in both Limerick and Ennis Acute Psychiatric Units over the period was overwhelmingly positive. An average 91% of respondents reported positive feelings of Connectedness, Hope, Identity, Meaning and Empowerment after attending a Mid West ARIES workshop. This result is consistent with that recorded in the period July 2021 to June 2022 and indicates that recovery education workshops supports personal recovery in the acute setting.

We would like to thank all of our participants in the Acute Units for their generous support and participation in our workshops.

Acute Units Qualitative



I discovered what resilience was and discovered that I can be resilient.



Everybody had a say and everybody listened.



It was soo important that facilitator was part of the session and told her story.

The topic questions were relevant to my care plan.



Today was a good experience and was fulfilling.

Everyone expressed their feelings.

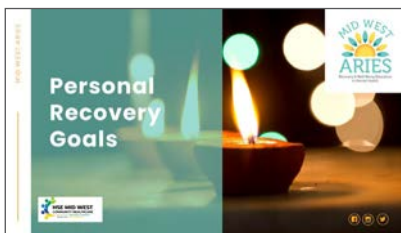
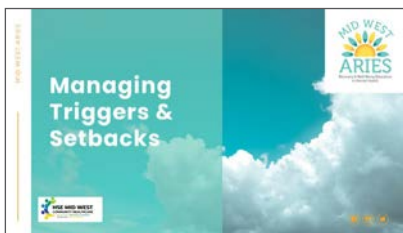
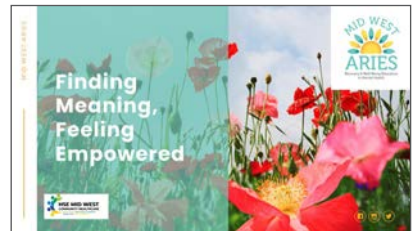
Everyone worked well as a team and benefitted from the session.

It was good to be able to relate to others and feel validated.



I feel more confident and positive.

Acute Unit Workshops





"There was kindness within the group. It was great to have an input and to be able to speak about my experience."

What People Say About Our Workshops

3rd Level



Partnerships

Strengthening our training and research partnerships with Third Level Institutions gives us the opportunity to introduce students to the themes of co-production and recovery principles and practice.



3rd Level Partnerships

Workshops

Total

3

Engagements

174

This year we delivered **3 major training events** with **174 participants** to third level students. Our working relationship with the School of Allied Health, University of Limerick continues to strengthen and bring new research opportunities. We also provided an Introduction to Recovery Principles and Practice to 4th Year Mental Health Nursing Students, about to start their placement in an acute psychiatric hospital. We are delighted to announce that we have created a new research partnership with UL and the Hunt Museum focusing on creativity for wellbeing. Meanwhile, we were invited back this year to Mary Immaculate College to provide an introduction to recovery education to their Psychology students.

Recovery Principles & Practice Training Module 1

34
UL 4 Year Nursing Students

What Happens When You Ask People? Innovation & Co-Production

92
UL School of Allied Health Professions

Introduction to Recovery Education & Service Improvement

48
Mary Immaculate Department of Psychology

3rd Level Qualitative

FEEDBACK



MID WEST ARIES

Innovation In Mental Health

What
Happens
When You
Ask People?

HSE MID WEST
COMMUNITY HEALTHCARE

MID WEST
ARIES

Recovery & Well-Being Education
in Mental Health

HSE MID WEST
COMMUNITY HEALTHCARE

HSE
Mental Health
Engagement
& Recovery

The speakers
were very open
and engaging.



I learned the
importance of
working as a
team.

Introducing Mid West ARIES

Recovery
from Mental
Health
Challenges
is Possible

HSE MID WEST
COMMUNITY HEALTHCARE

HSE
Mental Health
Engagement
& Recovery

MID WEST
ARIES

Recovery & Well-Being Education
in Mental Health

It was quite impactful to
hear people with personal
experiences, it made me
feel more empowered

The one thing I will take
forward in my work practice
is prioritising the patient
and family when it comes to
mental health.



The one thing I
will take forward
is mental health
awareness.

It was nice
to have three
speakers.



Great to have input
from outside lecturers.

Your lecture session
plus the additional
supplementary
information via the
videos and seminars
serve to demonstrate
good practice case
examples of innovation
in healthcare and
reinforce its many
benefits.





"I really enjoyed the workshop and will be using the tools I learned. Thank you!"

What People Say **About Our Workshops**

Mental Health Staff Training



In line with The National Framework for Recovery in Mental Health 2018-2020 (Action 4.1.3), we provide Recovery Principles and Practice Training to mental health staff and our community partners.



Recovery Principles & Practice

	Workshops	Engagements
Total	<u>2</u>	<u>24</u>

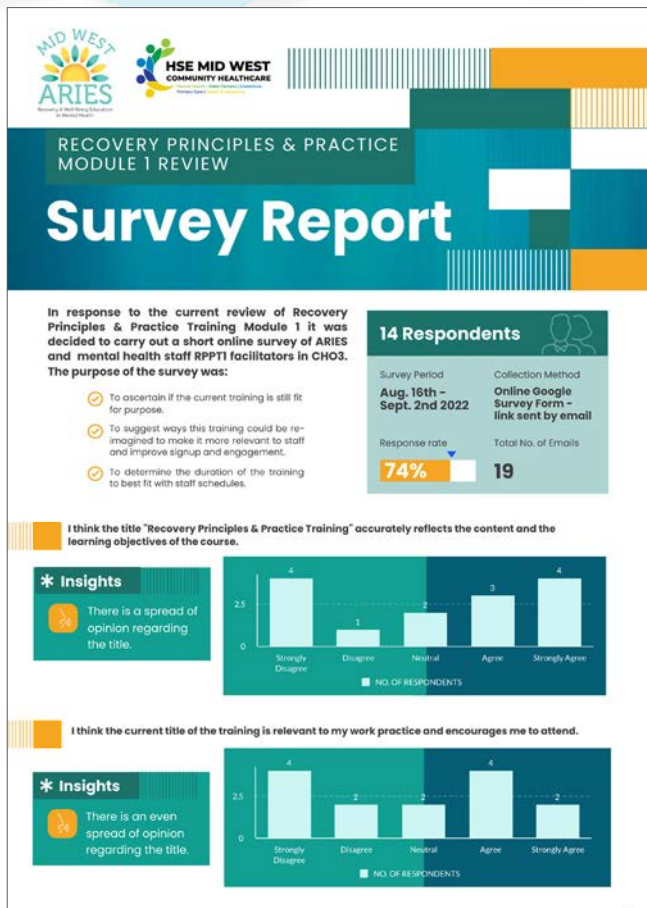
This year brought about a re-evaluation of the Recovery Principles & Practice Workshop Programme by the National Mental Health Engagement & Recovery Office (MHER). **As we awaited the new programme we delivered 2 workshops with 24 engagements.** These were open sessions available to mental health staff and community partners working in mental health.

In September 2022 the Mid West ARIES management team was invited to take part in a two day conference focusing on the re-imagining of Recovery Principles & Practice, reviewing the experiences of

each Recovery College/Service across the CHO regions. Prior to this we carried out our own survey of our RPPT facilitators to get a snapshot of what currently works in the workshop and, crucially, what could be improved.



Recovery Principles & Practice Workshop Survey



We wish to thank all 14 respondents who took part in our online survey, both the quantitative and qualitative results gave clear indications that a revamp of the module was necessary. Mike O'Neill, Manager, together with Margaret Keane, Education, Training & Development Officer presented these findings at the MHER conference in September 2022. It was clear that our findings were consistent with other Recovery Colleges who presented at the event.

Do you think a different title would work better to explain the learning objectives to staff and improve attendance?



What do you think is the ideal duration for a new course(s)? 3 hours, 2 Hours or 1 Hour.



* Summary

- Although there was an even spread of opinion regarding the title of the training and it's relevance to staff, the majority (64%) of respondents felt that a different title would work better to explain the learning objectives to staff and improve attendance, with a large range of suggested titles provided.
- 13 out of 14 (93%) respondents suggested additional learning topics.
- 86% of respondents reported that 2 hours duration worked best.



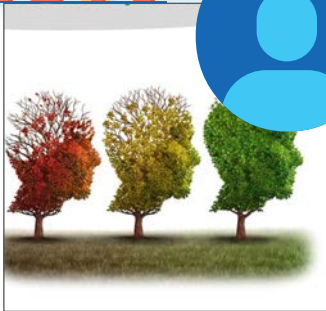
Following on from this, both Mid West ARIES presenters were invited to take part in the national subgroup tasked with the re-imagining of Recovery Principles & Practice. In June 2023 they co-facilitated a trial version, together with Fiona McKernan, Recovery Education Lead, to a selection of Recovery Co-Ordinators and Peer Educators in Athlone. We are looking forward to the final version launch in Q1 2024.

Mental Health Staff Training

Qualitative



The personal narratives and explanation of CHIME and government policy worked well.

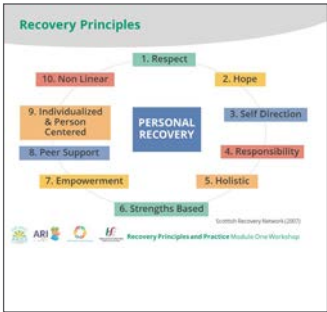


The workshop reassured me regarding strengths focus.

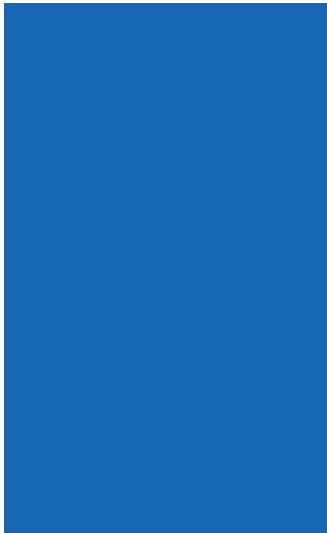
What **one** change can you make in your practice that promotes a recovery approach?

The workshop was great, I really enjoyed it. Thank you.

Nothing could be improved, I found it to be very beneficial.

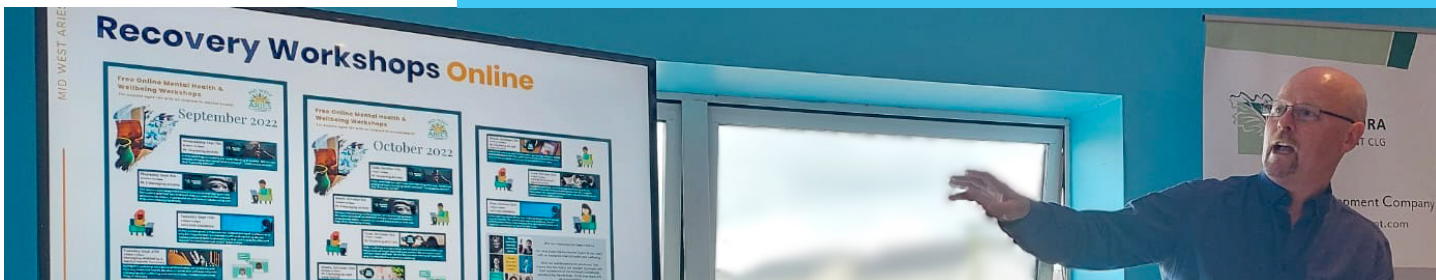


Narratives and listening to other peoples views on recovery.



Other Events

Over the past year, one of our key aims was to strengthen our existing partnerships within the HSE and with our external partners, while exploring new partnership opportunities within and outside of the service. These relationships, both old and new, have paved the way for exciting new initiatives; expanding our audience reach and engagement.



We are delighted to have Mid West ARIES embedded within the mental health service. We are now viewed as a reliable, trustworthy and credible source of mental health information and resources. This year we delivered 21 Special Events with 462 engagements (170% increase on last year).

During this period we delivered a range of workshops and training events working with:

- Specialist Perinatal Mental Health
- Mid West Mental Health Engagement
- Mid West Health & Wellbeing
- Mid West Occupational Therapy
- University Hospital Limerick
- Mental Health Engagement & Recovery National Office
- Ballyhoura Development
- GROW
- Hunt Museum
- Limerick Mental Health Association
- Limerick Social Services
- TUSLA Aftercare Limerick
- National Learning Network
- Social Prescribing - Paul Partnership



Some Highlights

LIMERICK MENTAL HEALTH WEEK

Organised by the Limerick Mental Health Association, our team facilitated our very first **“Worry Exchange”** at an open event in Bedford Row to celebrate Limerick Mental Health Week. We provided a safe and non-judgemental space for individuals to share their worries and, in return, receive an uplifting message of hope.



Other Events



WORLD SUICIDE PREVENTION DAY - BALLYHOURA

Year on year, our ongoing partnership with Ballyhoura Community Development goes from strength to strength. On **World Suicide Prevention Day**, we launched our self-paced, self-care course **'My Self Care - Taking Care of Me'** at a Ballyhoura event. Available 24/7 on any internet-enabled device, this self-paced course provides individuals with the tools they need to prioritise their self care. It is a testament to our ongoing commitment to providing accessible mental health resources and interventions to support personal recovery.

“CREATIVITY FOR WELLBEING” A PARTNERSHIP WITH MID WEST COMMUNITY HEALTHCARE OCCUPATIONAL THERAPY & THE HUNT MUSEUM

This year we brought together two of our partners: St. Anne's Community Healthcare Centre's Occupational Therapy Service and the Hunt Museum to co-facilitate and co-evaluate our brand new workshop **“Creativity for Wellbeing”**. We would like to thank Áine Frawley, Occupational Therapist and Maria Cagney, Curator of Education & Outreach at the Hunt Museum for all their support in the development of this key resource. This collaboration has paved the way for participants to understand creativity's important role in enhancing our sense of wellbeing and, crucially, to understand it's role in personal recovery.



BESPOKE CLINICAL LEADERSHIP & MANAGEMENT PROGRAMME HSE MID WEST COMMUNITY HEALTHCARE

We were delighted to be invited to contribute to the **Bespoke Clinical Leadership & Management Programme**. Mike O'Neill, Manager presented on self care and building resilience.





"Thank you very much for a lovely, relaxing morning and for being so kind."

What People Say **About Our Workshops**

Spotlight Perinatal Partnership



In October 2022 we were invited to present at the Specialist Perinatal Wellness Day to a large group of women and babies attending the SPMH service. It was an inspiring day and was the starting point for an important new collaboration with the SPMHT. We would like to thank Pauline Walsh, Advanced Nurse Practitioner for her on-going support in this endeavour.



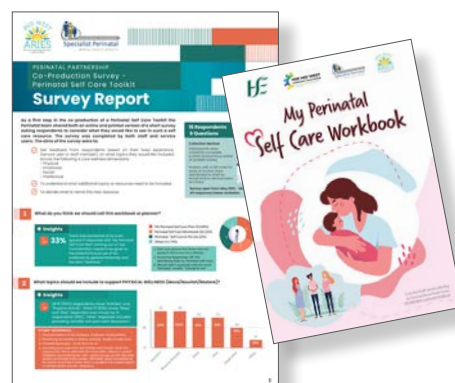
SELF CARE - BUILDING MY RESILIENCE

On April 20th 2023, Mid West ARIES, in partnership with the SPMHT, facilitated a baby-friendly perinatal workshop focusing on "Self Care - Building My Resilience". The aims were:

- To bring women with similar experiences together.
- To foster relationships based on mutual experiences.
- To explore self-care opportunities.
- To explore ways to overcome self-care barriers.

NEXT STEP - CO-PRODUCED WORKBOOK

As a follow-up to the highly positive responses in the Feedback Report, we co-hosted a Coffee & Catch-up event in the Castletroy Park Hotel on May 25th with women who had attended the workshop. From discussions here and at the workshop itself, it was clear that the next step needed was to co-produce a dedicated practical Perinatal Workbook to support women to create a personalised self care plan. To facilitate this, we shared a co-production survey; the responses of which formed the basis for the content and design of a new resource "My Perinatal Self Care Workbook" which is scheduled to be launched in October 2023.



Spotlight Trauma Co-Production



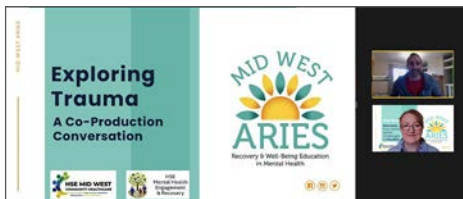
Co-production is in the DNA of Mid West ARIES, it is both our starting point for development and our guide throughout the entire process. Overall we hosted 6 co-production events with 96 engagements during this period.

Trauma has been at the top of our list for new course requests. This year, with the support of Mid West Community Healthcare

Psychology we hosted 4 trauma co-production sessions in the community, in both Acute Units and online. We also shared an online questionnaire to increase our reach and accessibility.

We had great engagement across all sessions with hugely positive feedback. New workshop(s) and resources are being developed for roll out in 2024.

I feel the right questions were asked. Lots of great information was gathered & I was glad to be a part of it.



It was well planned and I had a clear understanding of what was required from the participants, very clear and safe boundaries.

The workshop worked really well, especially because I have difficulty staying focused on the specific topics. I think that having the workshop as an open discussion was extremely useful.



I felt the workshop was very well run, I wouldn't change anything.

Really delighted that I came and engaged in the process. Really uplifting to see this service and process in action.

What is trauma?
Are there different types of trauma?

Workshop was really well explained. I felt a connection in some way to all the questions asked. I thought as a whole the workshop was well planned and thought out.

I think working in small groups worked very well. Everyone listened to the opinions and suggestions of others, it was easier to stay a bit anonymous with your input.



Spotlight Coffee & Connection



Coffee & Connection is a monthly virtual café hosted online by our Recovery Education Facilitators for those in HSE residences, attending Day Services and in both Ennis and UHL Acute Psychiatric Units. It provides a much needed connection point for our most vulnerable groups across the service. This year we hosted 12 online events with 246 engagements *(an increase of 128% on last year.)*

The focus for each café is on sharing moments of creativity, joy and hope; with chat, song, poetry and art. A great example of CHIME in action, the event has proved to be a wonderful way to connect those who are at most risk of isolation. It is one of the highlights of our monthly working schedule. We wish to thank the Residence and Acute Unit Staff who co-facilitate Coffee & Connection events.



Coffee & Connection Welcome!

HSE Mid West
Community Healthcare

Beginning
June 8th
2022



Coffee & Connection

ONLINE Second Wednesday of Each Month
10.30am - 12.00pm

A regular event for residents to catch up, share news, stories, songs and lots besides!

Chat Share Connect

<https://us02web.zoom.us/j/8316671100> **JOIN US**

Special INVITATION

For people in our Acute Units, Residences

Join us online for the chat, craic & ceol!

Coffee & Connection Christmas Special

You're invited to our Special Online Christmas Event!
JOIN US ON ZOOM

Hosted by Mid West ARIES

December 14th, 10.30am

Click here to join - <https://us02web.zoom.us/j/8316671100>



"It was great to meet other mothers and share different struggles & resources and realise that you are not alone feeling a certain way."

What People Say About Our Workshops

Development & Innovation

We believe that the process of co-production provides the engine and power for **needs led innovation** in service delivery. As we develop the service, we are guided by one question: ***“What happens when you ask people?”*** For our team the answer is simple. In our experience co-production delivers better and more meaningful outcomes for all of our stakeholders. In fact, the process of co-production, co-evaluation and co-facilitation often creates fresh ideas that may not have been considered otherwise.

During this period we continued to develop and extend our hybrid learning offerings with brand new co-produced workshops coming on stream, important updates made to self-paced courses and key new training pieces produced to share across the service and community partners.



Self-Paced Courses



We are delighted to report that our self-paced course development continues apace. We are committed to providing quality assured self-paced elearning experiences. We provide a rich and engaging range of recovery education courses where people can learn in their own time and at their own pace. This year we saw increased engagements across these courses:

“My Self Care” Staff Course - 100

Understanding Acute Mental Health Services for Families, Carers & Supporters - 411

“Self Care - Taking Care of Me” - 492



Understanding Acute Mental Health Services for Families, Carers & Supporters

Originally launched in May 2022, this course has proved to be one of our most popular. It is available 24/7, on any internet-enabled device (laptop, tablet or mobile phone) and is currently shared with families at the initial point of contact when their loved one is first admitted to either Ennis or Limerick Acute Units. It aims to provide family members with everything they need to know about their loved one's admission and provides accurate information on:

- Admissions (Voluntary & Involuntary)
- The Multi-Disciplinary Team
- Jargon Busting
- Treatment & Care Planning

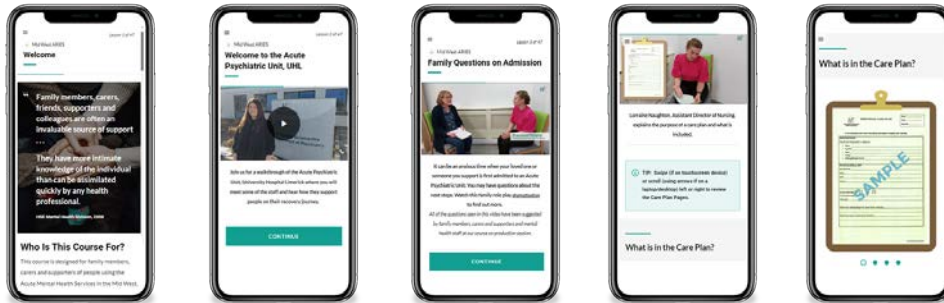
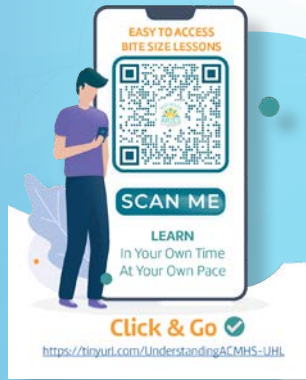
- Discharge Planning
- Patient Rights
- Information Sharing & Confidentiality
- Important Safety Information
- Self-Care

Guided by co-production we re-evaluated, updated and re-launched a new version this year focusing on the Acute Psychiatric Unit, Limerick.

We are delighted to announce that the course has been shortlisted in the HSE Excellence Awards in the 'Innovation in Service Delivery' category.

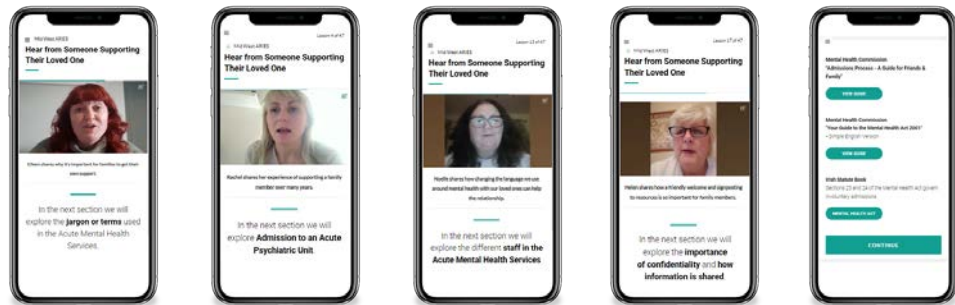
Understanding Acute Mental Health Services for Families, Carers & Supporters

Review



WALKTHROUGH & ROLEPLAYS
Bridging the Knowledge Gap & Building Trust

LIVED EXPERIENCE
Family Voices Providing Hope & Connection



A key addition to this revised version of the course is the inclusion of a walkthrough video of the Acute Unit, Limerick. Learners get to see the space and meet the staff across a range of disciplines including: Nursing, Psychology, Social Work, Occupational Therapy, Art Therapy, Catering and Hygiene.

We would like to take this opportunity to thank Lorraine Naughton, Assistant Director of Nursing for all her support in this endeavour, together with Nuala Kelly, Head of Service and James Harrington, Director of Nursing.

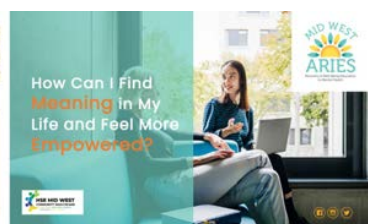
New Workshops



Our workshop development cycle is a constant feature of our yearly work plan. This year, as always, we took time to review both our record of co-production responses, together with our on-going learner feedback to produce exciting new workshops and their associated resources for delivery in both the community and acute unit settings.

7 New Community Workshops

- **How Can I Find Meaning in My Life and Feel More Empowered?**
- **How Can I Stay Hopeful and Keep Connected to Support My Wellbeing?**
- **Creativity for Wellbeing** (Online)
- **Creativity for Wellbeing** (In-Person)
- **Creativity for Wellbeing** (Hunt Museum edition)
- **Journaling for Wellbeing** (In-Person)
- **Self Care, Building My Resilience** (In-Person, Specialist Perinatal edition)



New Workshops



New Creativity for Wellbeing Resources



New Journaling for Wellbeing Resources



8 Reviewed & Updated Community Workshops

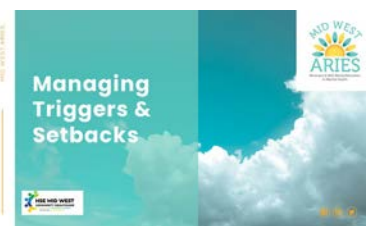
- Self Care - Building My Resilience
- Family Recovery in Mental Health
- Part 1 Exploring Anxiety
- Part 2 Managing Anxiety
- Part 1 Exploring Self Care
- Part 2 Building My Self Care Toolkit
- Part 3 Building My Self Care Toolkit

New Workshops



3 New Acute Psychiatric Unit Workshops

- Creativity for Wellbeing
- Let's Talk Depression
- Managing Triggers & Setbacks



9 Reviewed & Updated Acute Unit Workshops

- Connection & Hope
- Finding Meaning, Feeling Empowered
- I Am More Than My Illness - Identity & Mental Health
- Let's Talk Anxiety
- Let's Talk Resilience
- Let's Talk Self Care
- Managing My Recovery
- Personal Recovery Goals
- Preparing for Discharge & Moving On



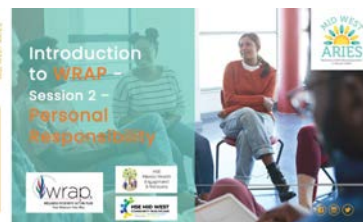
Introduction to WRAP



The Wellness Recovery Action Plan (WRAP) is a tool that can be used to aid in a person's mental health recovery. A need was identified across the Mid West Community Healthcare Mental Health Service for an 'Introduction to WRAP' which would cover the 5 key recovery concepts. The overall aim of this course is to introduce individuals to WRAP and act as a taster in preparation for the full WRAP Course. Once developed, training was delivered to Recovery & Wellbeing Co-Ordinators in both Ennis and Limerick Acute Units, along with all course materials. We are delighted to report that the course is currently being delivered in both Acute Psychiatric Units.

5 New Introductory WRAP Workshops

1. Hope
2. Personal Responsibility
3. Self Advocacy
4. Education
5. Support



New Training Co-Production



This year saw a major updating of our Co-Production Principles & Practice module. We are now delighted to offer this important training input to our HSE and community partners.

As a key principle of the National Framework for Recovery in Mental Health, it is vital that those working in the mental service should have an understanding of co-production and how they can apply it to their work practice. The overall aim of this training, therefore, is to provide learners with the knowledge, skillset and practical tools they need to confidently implement

co-production in practice. A key component of the training is the practical element; extending the learner's understanding beyond the merely conceptual.

We are delighted to announce that we have a full schedule of training inputs across the service planned for the year 2023/24. It is our hope that this training will support HSE colleagues and community partners to adopt co-production principles in their work practice, improving the service and delivering real impact and improved outcomes for all.

Course Content

- **Outlines the theory and principles of co-production.**
- **Explore the process of co-production and identifies what's involved.**
- **Examines where co-production can be used.**
- **Supports learners to collaborate with others to plan co-production.**

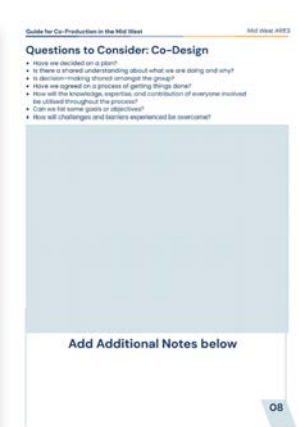
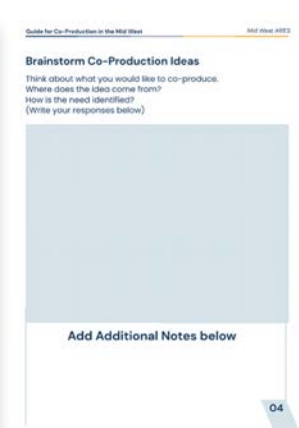
For more information contact Mike O'Neill
Manager, Mid West ARIES
Email: Michael.O'Neill8@hse.ie



New Training Co-Production



Co-Production Planner - Developing Your Roadmap



Live & Recorded Webinars



Our monthly webinars, in partnership with Mental Health Ireland, provides us with a platform for the discussion and promotion of a variety of mental health topics. This year we covered men's health, sleep, mindfulness, personal and clinical recovery, mental health stigma, stress and innovation in the mental health service. We would like to thank our wonderful panellists who brought their authentic voices, insights and knowledge

to each panel discussion. They came from a range of disciplines and services from Suicide Prevention, Recovery Education & Engagement, Social Prescribing, Acute Psychiatric Services, Mental Health Associations, Donegal Traveller Project, Grow, Aware and IPS (*Individual Placement & Support*). **This year we hosted 10 webinars with 216 attendees to live events, 856 video views and 219 podcast plays, totalling 1,291 engagements.**



We record and share each monthly webinar via our YouTube Channel @MidWestARIES, and as a long form podcast as "The Wellness Panel", available on Spotify and all podcast platforms. This extends our reach for this initiative and brings our message to new audiences.



Our Messaging Social Media

Guided by our Social Media Communications Strategy we continue to use a number of social media platforms to inform, engage and signpost. We are delighted to see its effectiveness with an increase in reach and engagement.

OUR GOALS

- To increase engagement and interaction with our stakeholders.
- To offer trustworthy, evidence-based recovery focused learning resources.
- To provide signposting to mental health information and supports.
- To raise more awareness around recovery education, highlighting that recovery from mental health challenges is possible.
- To create an online community for people passionate about recovery education.
- To help build and maintain important connections with community partners in the Mid West region.
- To promote our online and in person events to reach a wider audience.



A Year of Engagement



In June 2022 I came into post as Area Lead for Mental Health Engagement. This past year has been an exceptional and exciting learning experience.

As Area Lead, I have the opportunity to meet and speak with people who are supported by mental health services, and their supporters, which is a privilege. The experiences and views of service users and their family members and supporters were recognised in "*A Vision for Change*" as central to mental health service improvement and development. "*Sharing the Vision*" further reinforces the centrality of lived experience in developing our mental health services. The important first step is to use your voice and your experience and become involved and empowered to create positive change.

In the past year, I have facilitated meetings of the mental health engagement Fora across the Mid West- a total of 20 Local Forum meetings, and 2 Area Fora, based on the "*Partnership for Change*" guidance. Voices and views of peers in mental health recovery fed into themes brought forward to Area meetings of forum representatives, community voluntary organisations and statutory mental health services staff. A total of 11 community voluntary organisations who provide essential support across the Midwest joined the Area meetings, with 8 staff from mental health services and service users and family members representing the Local forum. **This demonstrates the desire and willingness to work together for the benefit of better mental health outcomes for all.**

The highlight of the past year for me has been the Christmas gathering of all who participated in the local fora; with Laughter Yoga, festive song and the Mid West ARIES team leading an interactive session on "My Self-Care at Christmas". Afterwards, we all came together to share a meal. It was a very special moment of connection for everyone.

I encourage anyone with experiences in mental health as a service user or supporter to get involved through the many wonderful organisations promoting mental wellbeing and through engagement with mental health services.

Rosemary Ryan

Mid West HSE Area Lead Mental Health Engagement



Be Part of a POSITIVE CHANGE

LOCAL MENTAL HEALTH FORUM
North Tipperary



Where?
Nenagh

When?
Last Wednesday of the Month
3:00pm-4:30pm

Who can attend?
People who use the Adult HSE Mental Health Services, Family Members, Carers & Supporters



Be Part of a POSITIVE CHANGE

LOCAL MENTAL HEALTH FORUM
Clare



Where?
Ennis

When?
Last Tuesday of the Month
3:00pm-4:30pm

Who can attend?
People who use the Adult HSE Mental Health Services, Family Members, Carers & Supporters



Need More Information?
To register contact
Mental Health Engagement
Tel. 061 492088 / 087 6560854
Email: MidWestMHE@hse.ie

Need More Information?
To register contact
Mental Health Engagement
Tel. 061 492088 / 087 6560854
Email: MidWestMHE@hse.ie

Be Part of a POSITIVE CHANGE

LOCAL MENTAL HEALTH FORUM
Limerick



Where?
Limerick City

When?
Last Monday of the Month
3:00pm-4:30pm

Who can attend?
People who use the Adult HSE Mental Health Services, Family Members, Carers & Supporters



Join Your
Local Mental Health Forum

Need More Information?
To register contact
Mental Health Engagement
Tel. 061 492088 / 087 6560854
Email: MidWestMHE@hse.ie





Roselawn House
University Business Complex
National Technology Park
Limerick V946K65
Tel 061 492085
Email: michael.oneill8@hse.ie