



# Annual Report

JULY 2020  
JUNE 2021

HSE Mid West  
Community Healthcare



# 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:**



Mid West Communities

Our Volunteer Recovery Education Facilitators

Our Partner Community Groups

Niamh Wallace (Head of Service)

Area Management Team

Aoife Boland, Area Lead, Mental Health Engagement

Service Improvement Steering Group

Mental Health Ireland

The Staff of the Mid West Mental Health Services

Service Reform Fund

HSE Mental Health Engagement and Recovery

Peer Educator Network

Service Improvement Office

HSE Mid West Community Healthcare

# ANNUAL REPORT

Acknowledgements .....	2
Head of Service Foreword .....	3
Executive Summary .....	7
Our Year in Numbers .....	9
Our Team .....	10
Our Vision & Mission .....	11
Recovery Education .....	12
Quality Assurance .....	13
Activities .....	15
Recovery Education in the Community .....	17
Recovery Education in the Acute Psychiatric Units ....	24
Recovery Education – 3rd Level Partnership .....	28
Mental Health Staff Training .....	31
Development and Innovation .....	33
Social Media .....	38

## FOREWORD

# Head of Service

Mental Health,  
HSE Mid West Community Healthcare

At the heart of Mid West ARIES is a message of hope, that **“recovery from mental health challenges is possible.”** Never before has this message been more important.

**| Niamh Wallace**



**I am delighted to welcome you to the Mid West ARIES Annual Report July 2020 - June 2021.**

This has been a busy and challenging year for all of us in Mid West Mental Health Services, as we have lived and worked with COVID-19 in our midst. Despite these challenges Mid West ARIES has had a remarkable year, going from strength to strength. The team itself has grown. The service has engaged more people in recovery education than ever before. Mid West ARIES responded with flexibility and creativity to COVID, continuously adapting and innovating to ensure a consistently high quality recovery education service is delivered to those who live in our communities, those who use our services and to staff working across our services.

**Our recovery education team has grown. Our new team have a broad skillset and range of experience which has enhanced the service both in terms of development and delivery. They are the future of recovery education in the Mid West.**

The move to online service delivery, while challenging, opened up new opportunities for Mid West ARIES. The service significantly extended its reach in the Mid West, evidenced by the growth in the number of community workshops delivered and attended. The service, in partnership with Mental Health Engagement, also contributed significantly to the needs of people Mental Health Services during the pandemic. Weekly “Coffee and Connection” virtual cafes were hosted for residents in HSE community residences and our acute services. Members of the ARIES team were central to the delivery of the “Social Calling” service which was set up to provide connection for the most vulnerable during a time of great uncertainty. The service co-produced a self-paced on line course “Getting the Best from Your Virtual Mental Health Appointment” to help all of us to navigate the changes in service delivery. The service continues to provide recovery education to our future healthcare professionals in the University of Limerick.

## FOREWORD

As I reflect on the many highlights of the year and the excellent work of Mid West ARIES I want to take the opportunity to thank the entire Mid West ARIES team. Our gratitude goes to our volunteers, mental health services staff contributors and facilitators and our community partners whose invaluable work is making such a difference to the lives of so many.

On behalf of Mid West Mental Health Services thank you for your continued hard work, support and commitment and wish you the very best for the year ahead.

*Niamh*

**Niamh Wallace**

Head of Service



MID WEST ARIES COMMUNITY PARTICIPANT

“I'm learning to understand myself.”





# Executive Summary



July 2020 to June 2021 saw the Mid West ARIES team grow from two staff members to four full time and four part-time staff. This team has allowed us to increase our activities over the year.



Mid West ARIES has significantly extended our reach over the year within the Mid West and nationally. We have delivered **90 online community workshops**, an increase of 143% on last year. We also saw a **414% increase in community attendance with 1,013 participants**.



Despite covid restrictions, Mid West ARIES continued to provide access to recovery education to people who are in-patients in our acute units, Unit 5B, University Hospital Limerick and the Acute Psychiatric Unit Ennis Hospital. **81 sessions were delivered in total with 514 participants**. In May 2021 we returned to in-person delivery with 4 sessions every week. We were proud to be one of the first recovery education services to be back delivering face to face.



This was a challenging year to deliver Recovery Principles and Practice Training to staff. A number of Recovery Principles and Practice training events for staff were cancelled and rescheduled due to the HSE Cyberattack and staff availability. As a result we ran **1 RPPT1 training session online with 23 participants**.



Mid West ARIES responded rapidly and innovatively to the challenges brought about by Covid-19 and the HSE Cyberattack. In January 2021 our team carried out **social calls** to the most vulnerable service users. **194 hours of calls were logged**. We also facilitated **15 Virtual Cafe Events, "Coffee & Connection"**, in partnership with Mental Health Engagement to support those living in HSE residences and the Acute Units with **247 attendees**.



Mid West ARIES extended its partnership with the University of Limerick this year to educate mental health practitioners of the future. **137 students across allied health, nursing and clinical psychology participated in 3 online training events** with great participation and positive feedback.



Mid West ARIES has a team of committed and excellent recovery education facilitators. **This year 8 new staff facilitators were recruited and trained**. Ongoing support and training sessions are provided for facilitators throughout the year.



With Covid restrictions in place it was a challenging time to onboard new volunteer facilitators. However, we trained **2 mental health staff facilitators and 3 volunteer facilitators** with lived experience of mental health challenges.

# Executive Summary



In December 2020 we ran **2 co-production sessions** and shared a questionnaire. **31 individuals participated**, including staff members, service users and family members. This resulted in 7 new modules developed on Self Care, plus a large number of resources, handouts and video content.



In September 2020 we were delighted to be awarded funding from the **Staff & Wellbeing Fund** which funded a courseware authoring tool to develop online self paced courses.



We continue to develop and innovate. In January 2021 we launched the **first of our online self paced courses available 24/7**. "**Getting the Best from My Virtual Appointment**". We have also developed and reimagined our modules for online delivery.



As we emerge from lockdown and covid restrictions are lifted, the Mid West ARIES team look forward to returning to in-person delivery across the Mid West. **Our community partners are getting ready to welcome us back to venues in Limerick, Clare and North Tipperary.**



We have learned a lot from our forced move to online delivery and are planning a blended approach to recovery education in the next phase of our development plan. To this end we have shared a detailed Stakeholder Needs Analysis Survey to ask people (staff, those using the services, families/carers and community partners) what this next phase should look like. We have had **78 respondents** so far with an overwhelming majority requesting a mix of online and face to face workshops. We will share the full findings when complete.

**As always, at the end of each year we take stock and look to the future. We had a very successful year bringing recovery education to the Mid West region and beyond, despite all of the challenges brought about by the pandemic and the HSE Cyberattack. We look forward with positivity and renewed vigour to the future, to building new partnerships and welcoming new opportunities.**



# Our Year in Numbers

**215**  
Events



Event	Number	Participants
Online Community Workshops	90	1013
Acute Unit Workshops	81	514
Staff & Volunteer Training Modules	16	13
3rd Level Presentations	3	137
Virtual Cafe Events	15	247
Co-Production Sessions & Questionnaire	3	31
Webinars	5	168
Mental Health Staff Training	1	23
Additional Events	1	2
<b>Total</b>	<b>215</b>	<b>2,148</b>

# MID WEST ARIES

## Our Team

We have a dedicated team who are passionate about bringing recovery education to the Mid West.



**Mike O'Neill**  
*Manager*



**Margaret Keane**  
*Education, Training & Development Officer*



**Cillian Keane**  
*Peer Education, Training & Development Officer*



**Noelle Tanner**  
*Recovery Education Facilitator*



**Eileen Hanley**  
*Recovery Education Facilitator*



**Mags Clifford**  
*Recovery Education Facilitator*



**Aoife Dennehy**  
*Recovery Education Facilitator*



**Laura Carey**  
*Recovery Education Facilitator*



**Thomas Cole**  
*Recovery Education Facilitator*

# Vision & Mission

**Mid West ARIES (Advancing Recovery in Ireland Education Service) offers a range of courses, information and educational materials on Recovery and Well-Being in Mental Health in Limerick, Clare and North Tipperary.**



## **Our Vision**

To provide the Mid West Region with an inspirational 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.



# Recovery Education

All of Mid West ARIES activities are guided by the National Framework for Recovery in Mental Health 2018-2020, in particular the 4 principles which underpin a recovery orientated service.



**The National Framework for Recovery in Mental Health 2018-2020**

**PRINCIPLE 1**  
Centrality of Lived Experience

**PRINCIPLE 2**  
Co-Production

**PRINCIPLE 3**  
Organisational Commitment

**PRINCIPLE 4**  
Recovery Learning & Practice

**WHY WE DO WHAT WE DO**



# 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 in improving the quality of our service. They serve to promote best practice, standardise delivery, ensure that legislative and regulatory requirements are met, and ensure that people are clear on their roles and responsibilities.

As the service grows and improves, we continue to offer continuous professional development training opportunities to our staff and volunteer facilitators.

Our Community Development Work Core Values and our Core Communication Principles have been especially useful when partnering with community groups.

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.

# Quality Assurance

**New living guidance documents and staff and volunteer training modules were created between July 2020 and June 2021.**



- Mid West ARIES Social Media Communications Strategy
- Mid West ARIES Induction Training for Staff Recovery Education Facilitators
- Facilitation Skills Training for Recovery Education Facilitators
- Online Facilitations Skills Training for Recovery Education Facilitators
- Best Practice Guidelines for Online Facilitation
- Roles & Responsibilities for Mid West ARIES Online Facilitators
- Personal Narrative Training for Recovery Education Facilitators
- Self Care Training for Recovery Education Facilitators
- New Introduction Guidelines for Online Workshop Delivery
- Facilitator Reflection Guidelines
- New Permission to Contact Form



# Activities

While we were unable to deliver in person community workshops due to Covid restrictions, this year Mid West ARIES expanded on it's core activities. We adapted and responded to both service and user needs.

In the next sections you will discover just how much we adapted, innovated and continued to grow in this most difficult of years.

**ONLINE COMMUNITY**



Exploring Anxiety in Uncertain Times  
Free Workshop  
Mid West ARIES Online Event

**ACUTE SERVICES**




**MENTAL HEALTH STAFF TRAINING**




ARIES  
Recovery Principles & Practice  
Module 1  
AIMS:  
To facilitate discussion about RECOVERY

**THIRD LEVEL**



**DEVELOPMENT & INNOVATION**



MID WEST ARIES COMMUNITY PARTICIPANT

“Taking part in  
this workshop  
was healing  
for me.”



# Recovery Education in the Community



## Extending Our Reach

We are committed to working with communities in the Mid West to provide an educational programme on recovery and well-being. Covid restrictions, however, meant that we had to reimagine our community modules for online delivery while still maintaining key community partnerships.

We delivered **90 online community workshops**, up **143%** on the previous year. We also saw a big **414%** increase in attendance as we could reach more people online. This also highlights the real need and appetite for recovery education.

## Maintaining Community Partnerships

Our community partners have supported our online recovery education workshop programme by promoting events through their websites and social media.

Keeping these relationships relevant and alive throughout the pandemic has made the transition back to in person delivery easier than anticipated.





MID WEST ARIES COMMUNITY PARTICIPANT

“I really love this,  
I feel less  
lonely.”





MID WEST ARIES

# Online Community Modules



Exploring Anxiety in Uncertain Times

Free Workshop

Mid West ARIES Online Event

MID WEST ARIES logo and icons for Mental Health and Community Wellbeing are visible in the top right and bottom right corners.



Managing Anxiety in Uncertain Times

Free Workshop

Mid West ARIES Online Event

MID WEST ARIES logo and icons for Mental Health and Community Wellbeing are visible in the top right and bottom right corners.



Accessing Mental Health Services - Getting the Best from Face to Face Appointments

Free Workshop

Mid West ARIES Online Event

MID WEST ARIES logo and icons for Mental Health and Community Wellbeing are visible in the top right and bottom right corners.



Understanding Mental Health Services

Free Workshop

Mid West ARIES Online Event

MID WEST ARIES logo and icons for Mental Health and Community Wellbeing are visible in the top right and bottom right corners.



Understanding Diagnosis, Exploring My Identity

Free Workshop

Mid West ARIES Online Event

MID WEST ARIES logo and icons for Mental Health and Community Wellbeing are visible in the top right and bottom right corners.



SELF-CARE SERIES  
Part 1. Exploring Self Care

Free Workshop

Mid West ARIES Online Event

MID WEST ARIES logo and icons for Mental Health and Community Wellbeing are visible in the top right and bottom right corners.



Accessing Mental Health Services - Getting the Best from Virtual Appointments

Free Workshop

Mid West ARIES Online Event

MID WEST ARIES logo and icons for Mental Health and Community Wellbeing are visible in the top right and bottom right corners.



Managing Well-being and Mental Health Recovery

Free Workshop

Mid West ARIES Online Event

MID WEST ARIES logo and icons for Mental Health and Community Wellbeing are visible in the top right and bottom right corners.



My Mental Health - Finding Meaning, Feeling Empowered

Free Workshop

Mid West ARIES Online Event

MID WEST ARIES logo and icons for Mental Health and Community Wellbeing are visible in the top right and bottom right corners.



Connection and Hope in times of Isolation

Free Workshop

Mid West ARIES Online Event

MID WEST ARIES logo and icons for Mental Health and Community Wellbeing are visible in the top right and bottom right corners.



Family Recovery in Mental Health

Free Workshop

Mid West ARIES Online Event

MID WEST ARIES logo and icons for Mental Health and Community Wellbeing are visible in the top right and bottom right corners.

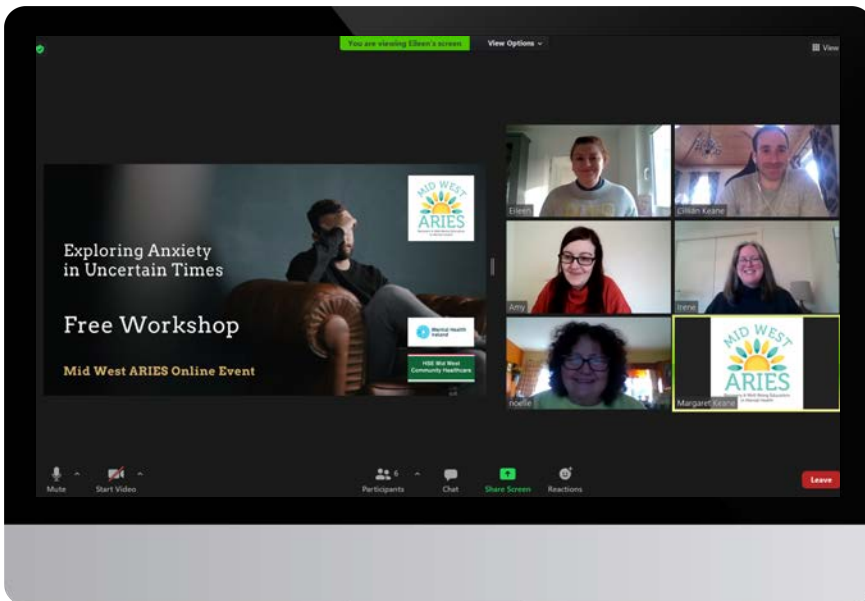


Managing Well-Being and Mental Health in your Community

Free Workshop

Limerick Life Long Learning 2020

MID WEST ARIES logo and icons for Mental Health and Community Wellbeing are visible in the top right and bottom right corners.



Let's Talk Resilience

Free Workshop

Mid West ARIES Online Event

MID WEST ARIES logo and icons for Mental Health and Community Wellbeing are visible in the top right and bottom right corners.



# Online Community Quantitative Feedback



## CHIME IN THE COMMUNITY



**CONNECTEDNESS**  
Felt connected to the activities and processes in the session



**HOPE**  
Felt hopeful about recovery after taking part



**IDENTITY**  
Felt their identity was respected and valued



**MEANING**  
Felt that the material delivered was meaningful



**EMPOWERMENT**  
Felt more empowered after taking part

### Co-Evaluation & Feedback

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

We use two 5-point Likert scales to evaluate each workshop. The first scale evaluates participants' satisfaction with the facilitation and delivery. Responses from 416 participants indicated a 98% satisfaction rate between July 2020 and June 2021.

The second scale is based on the principles of CHIME. Responses from 416 participants are represented above.

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.

**ADVANCING RECOVERY IN IRELAND  
EDUCATION SERVICE**

**Mid West ARIES Feedback Form**  
Connection & Hope in Times of Isolation 22.04.2021

Thank you very much for taking part in this workshop. We would like your feedback to help us in planning for the future. You will not be asked for personal information in this feedback form - it is anonymous.

[Sign in to Google to save your progress. Learn more](#)

**\*Required**

Please answer the following questions based on your experience today:

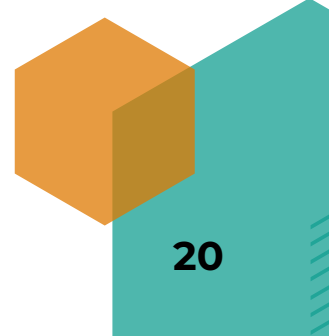
What worked best today? \*

Your answer

What worked less well or could be improved? \*

Your answer

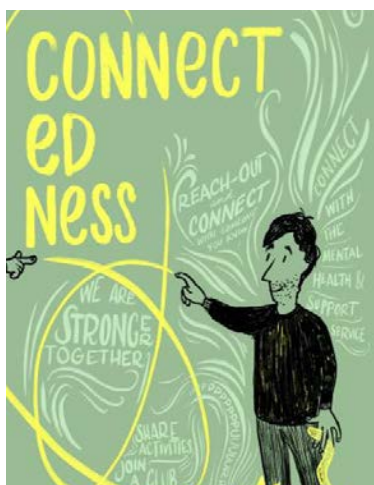
Any other comments or suggestions? \*



# Online Community



## QUALITATIVE FEEDBACK

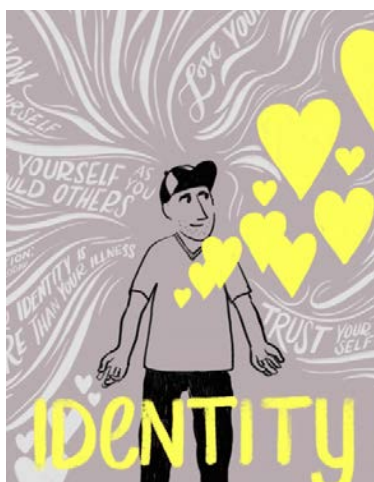
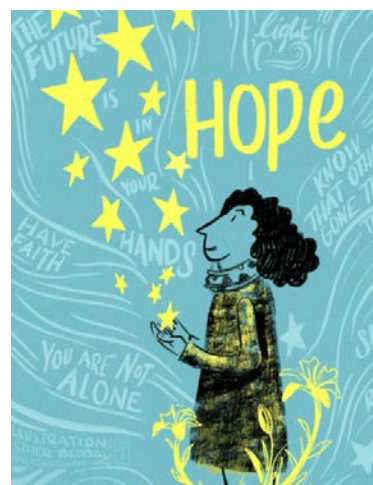


"Hearing what people are doing to help themselves."

"The honesty and live chat."

"Brilliant workshop!"

"Lots of tips."



"Love what you do, thank you."

"Confidential, safe, honest."

"I loved it, great facilitation, caring and kind."



"Good hearing other participants' experiences and their great challenges."

"Breakout groups and sharing of experiences."

"Thanks, I learned a lot."



"Insights into anxiety and knowing we are not alone in how we feel."

"It was very inspiring."

"Kindness, understanding, being heard."



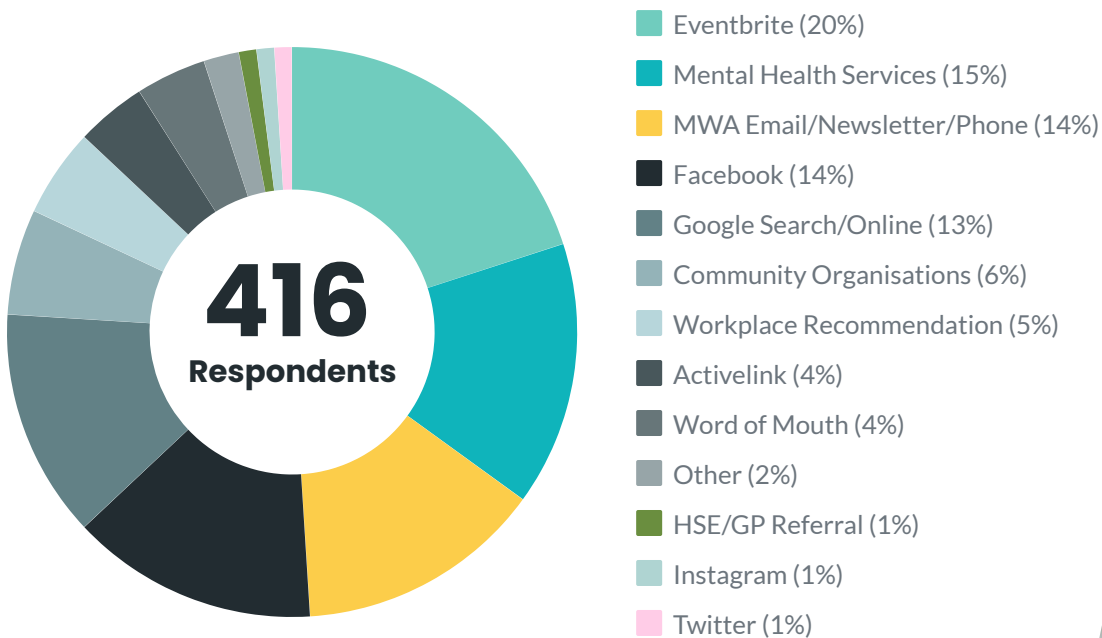


# Online Community

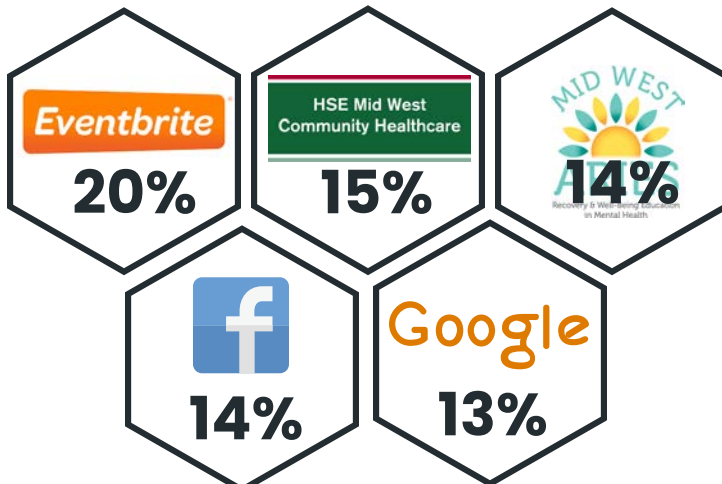
## Where Did Attendees Hear About Us?



This year we wanted to explore how people discovered Mid West ARIES. To this end we added an additional question to our online feedback questionnaire. The responses showed that our promotion strategy was the main driver of attendance, with the main sources being Eventbrite (20%), Mental Health Services (15%), Mid West ARIES Contact (14%) and Facebook (14%).



### Top 5 Sources





MID WEST ARIES ACUTE UNIT PARTICIPANT

“Listening to a story  
about recovery  
has given me  
hope.”





## MID WEST ARIES

# Recovery Education in Acute Psychiatric Units



## Bringing A Message of Hope

We continued with our successful delivery of recovery education modules in acute services in Ennis APU and in Unit 5B UHL this year, increasing our number of workshops delivered by 50%. Reflecting the need for social distancing in the Units our attendance grew by a more modest 6%.

We have had enormous support from staff in both 5B and Ennis. Since May 7th 2021 we are delivering in person workshops, facilitated by a Mid West ARIES Facilitator and a volunteer Mental Health Staff Facilitator.

## Thank You

We would like to take this opportunity to thank our wonderful volunteer mental health staff, in particular, Sarah Danagher and Barbara Keating in 5B and John O'Connor and Alison Flynn in Ennis APU. We could not bring recovery education to the Acute Units without their support.

## Positive Feedback

We have had consistently positive feedback from attendees throughout the year. A simple qualitative feedback form is used for evaluation at the end of each module.

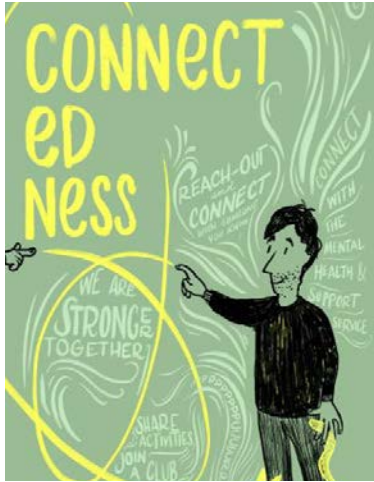


MID WEST ARIES

# Online & In Person Acute Psychiatric Units

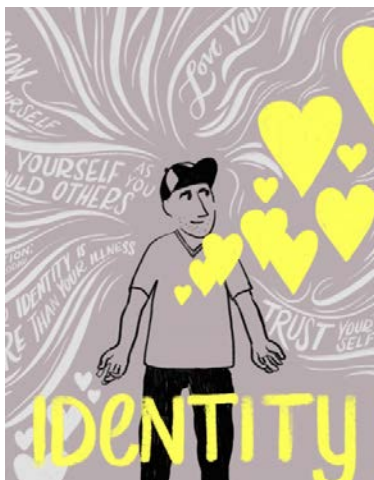
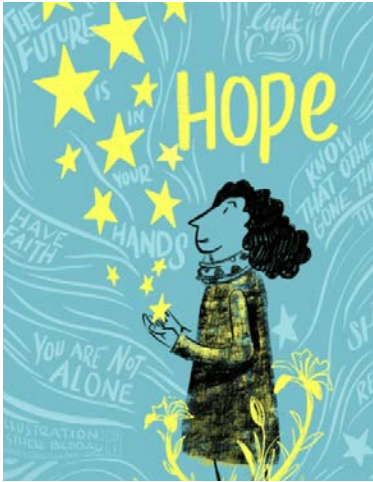


## QUALITATIVE FEEDBACK



*"Being able to speak in a group, first time I've done that."*

*"Being able to speak about what matter's to me in a safe confidential environment."*



*"To be heard and understood."*

*"CHIME. Never heard of that before."*

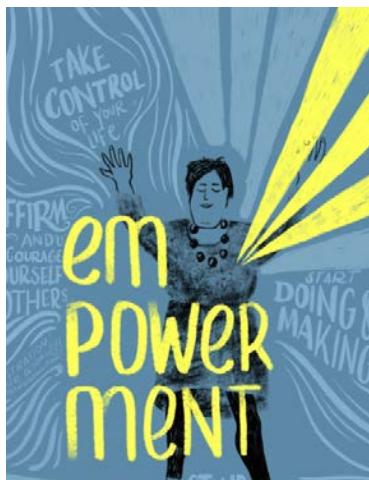
*"Enlightening and hopeful."*

*"Seeing there is light at the end of the tunnel."*



*"Listening to other people talk about how they can build resilience has helped me."*

*'Positivity of learning and hearing from those who have recovered but still have bad days.'*



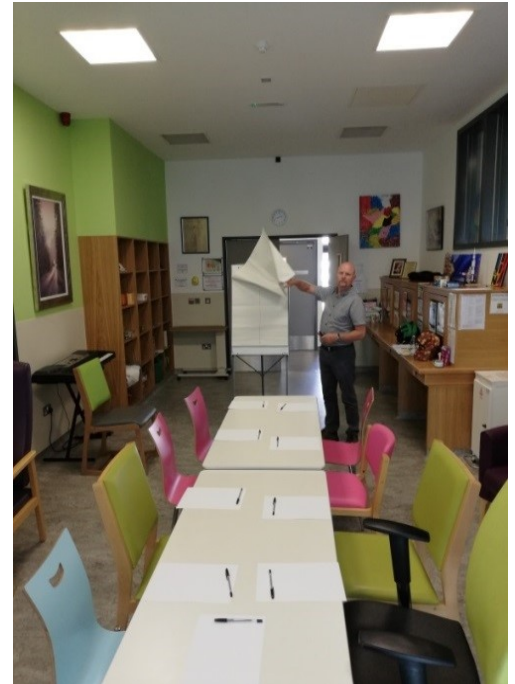
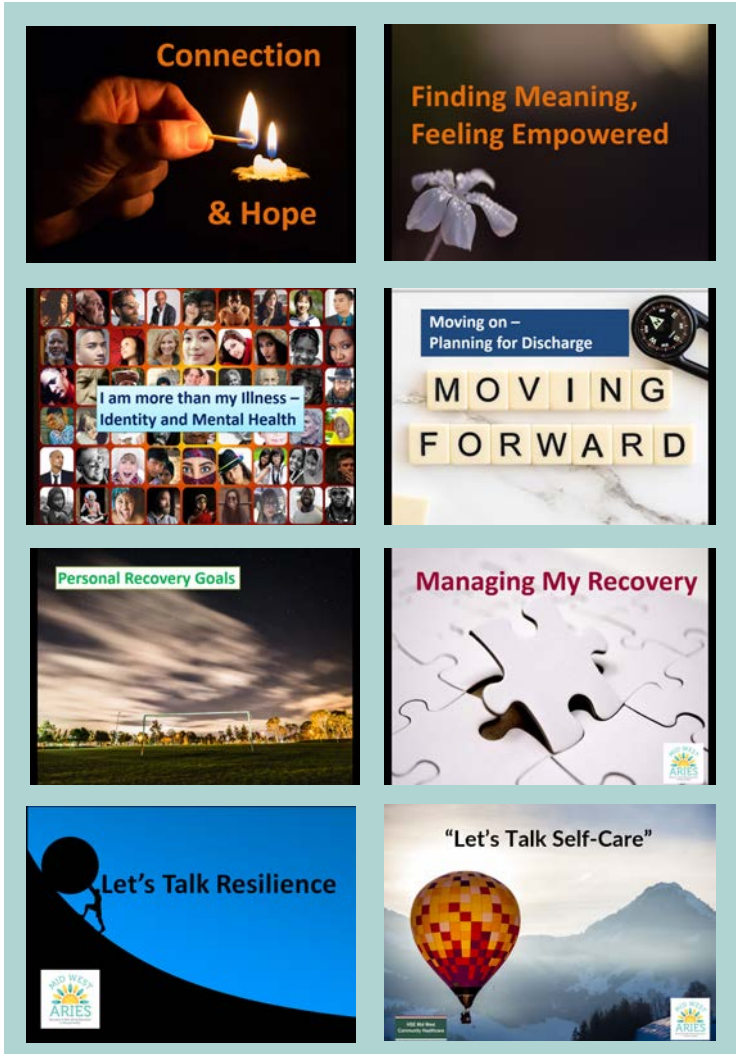
*"Everybody can think more positive after this class, it has helped give me hope."*

*"Interesting to hear a family member perspective."*

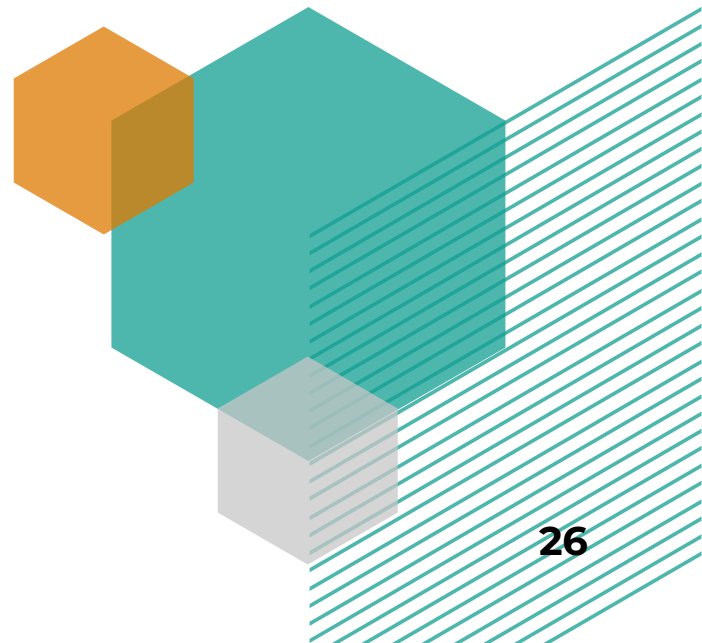


# Acute Unit Modules

This year saw a total re-imagining of how we delivered recovery education in the Acute Units, with new colourful and engaging presentations.



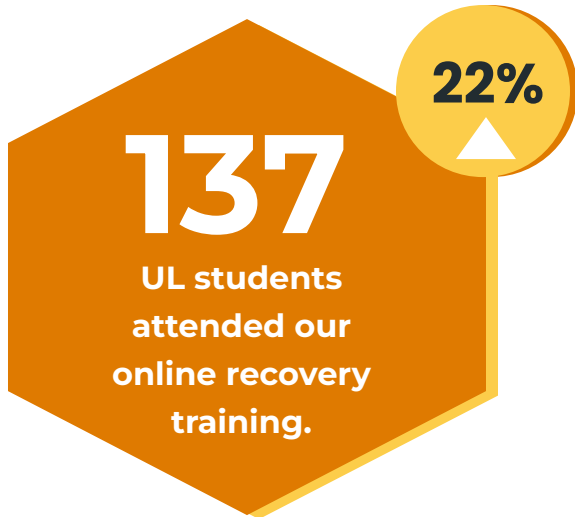
Back delivering "in-person" recovery education in 5B



MID WEST ARIES ACUTE UNIT PARTICIPANT

“ Learning about how  
I can prepare for  
my discharge  
helped.”

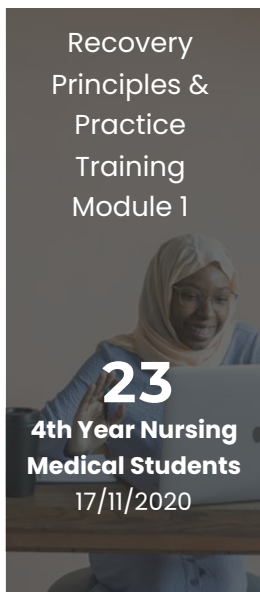
# Recovery Education - 3rd Level Partnership



## University of Limerick

Mid West ARIES provides recovery education to undergraduate students to introduce future mental health professionals to recovery orientated and person-centered practice. We achieve this through partnership with University of Limerick.

In spite of covid restrictions we were delighted to maintain this crucial partnership with a 22% increase in attendance on last year.

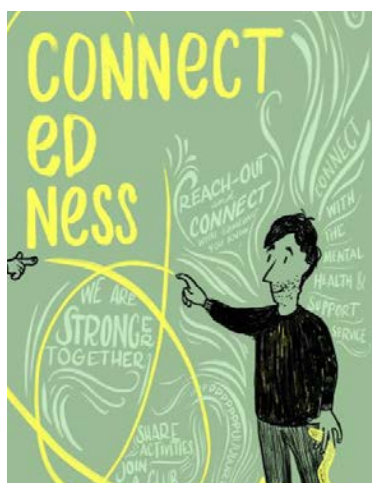




# 3rd Level Feedback



## QUALITATIVE FEEDBACK



*"Personal narratives really brought home message of recovery orientated practice and what impact it can have on the lives of service users."*

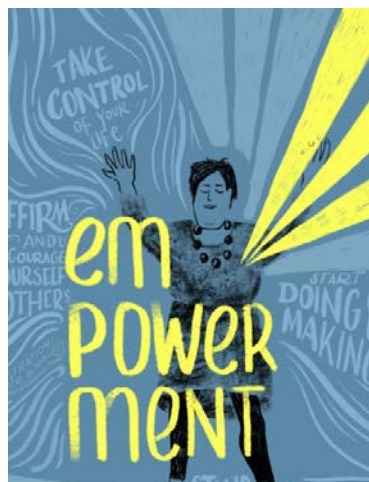
*"Excellent facilitators who clearly communicated."*



*"The personal narratives were powerful illustrating important aspects of the lived experience of mental health difficulties, as well as the impact on carers, and what it is like to work within the medical model of mental health."*



*"I learnt very important and meaningful things about recovery process which I am going to implement in my work. Among many things - kindness and compassion."*



*"Understanding the recovery journey from service user and family member perspective."*

*"The speakers were excellent at explaining all topics."*



MID WEST ARIES 3RD LEVEL PARTICIPANT

“You have made a real difference in my professional thinking.”



# Mental Health Staff Training - RPPT1



## Background

In keeping with The National Framework for Recovery in Mental Health 2018-2020 (Action 4.1.3), we continue our delivery of Recovery Principles and Practice (RPP) Module One. Action 4.1.3 requires that all mental health staff are provided with Recovery Principles and Practice workshops within the two years of the Framework.

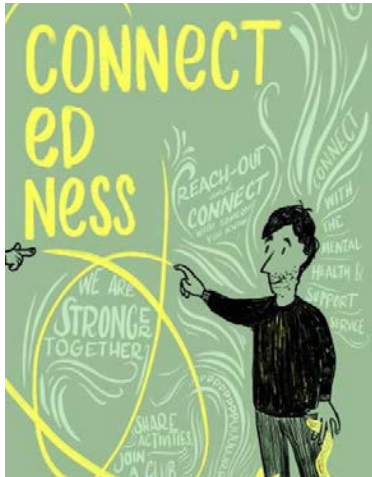
## A Challenging Year

A combination of the pressures on the service brought about by Covid and the HSE cyber attack severely impacted on our ability to deliver our usual schedule of Recovery Principles & Practice Training Module One. We had a number of cancellations and could only deliver one session to mental health staff with 23 attendees. We have however re-scheduled all cancelled events and have an ambitious targeted training programme scheduled for 2021/2022.

During these workshops, we facilitate discussions about recovery principles and explore how they can fit with peoples work practices. Staff consider and share what recovery means to them. Our facilitators share their personal narratives and their experience of the recovery journey from a lived experience, family member and staff perspective.

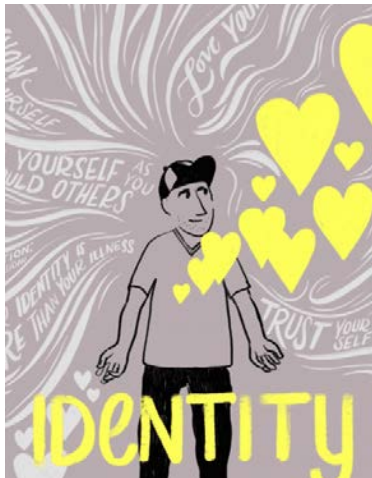
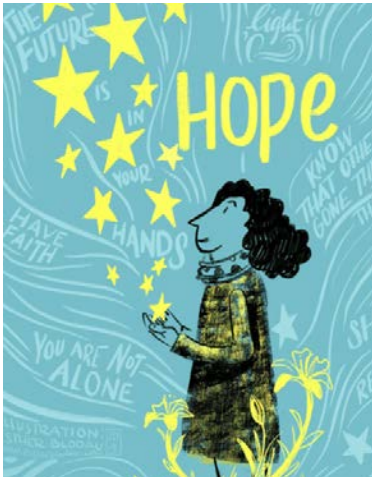
# RPPT1 Feedback

## ? QUALITATIVE FEEDBACK



*"The perspectives from the service user, family member and staff were particularly helpful to hear."*

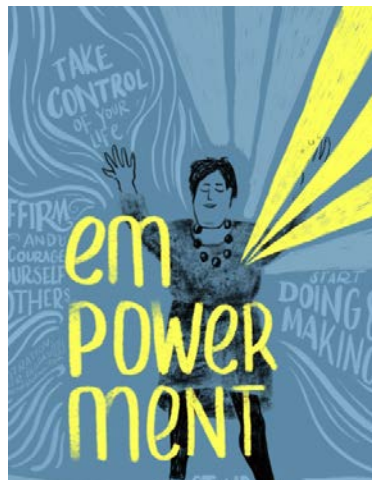
*"The breakout sessions were a good opportunity to talk and share."*



*"This training was an excellent overview of recovery principles and practice. The level of engagement was very useful and the facilitators provided an environment that was friendly and encouraging."*



*"I thought the sharing of personal narratives really brought to life the principles of recovery in a very meaningful and tangible way."*



*"I found the workshop very helpful and thought provoking."*

*"No room for improvement, I found it excellent."*

CHIME images reproduced courtesy of Mental Health Engagement



# Development & Innovation

RESPONSE TO COVID & CYBER ATTACK

**RE-IMAGINED OUR MODULES**  
For Online Delivery



Moving to online delivery meant that we needed to re-imagine our modules to accommodate online learning. We reviewed all of our presentations, making them more visually appealing with the use of images, icons and simplified language.

RESPONSE TO COVID & CYBER ATTACK

**Acute Units Return to Face to Face Delivery**  
4 Workshops Each Week



Covid restrictions had put a temporary hold on in person delivery in the Acute Units. After the HSE cyber attack in early May we were delighted to be welcomed back in to the Unit as recovery education was viewed as an essential service.

RESPONSE TO COVID & CYBER ATTACK

**SOCIAL CALLS**  
194 HOURS



In January 2021 our team became involved in the Social Calls Project. Partnering with Mental Health Engagement Mid West ARIES Facilitators provided phone support for vulnerable, isolated people using the mental health services.

RESPONSE TO COVID & CYBER ATTACK

**COFFEE & CONNECTION**  
15 Virtual Cafés  
188 Resident Attendees  
59 Staff



Mid West ARIES facilitators ran a Virtual Cafe every Friday morning (Jan-May 2021) in partnership with Mental Health Engagement. A mix of song, poetry, stories and craic, this popular event was provided to HSE Residents and Acute Unit in-patients.



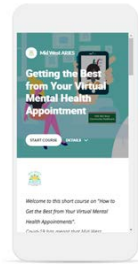
# Development & Innovation

RESPONSE TO COVID & CYBER ATTACK

## SELF-PACED COURSE

Getting the Best from Your Virtual Appointment

Shared Across the Mental Health Services



In January 2021 more mental health appointments were being delivered virtually. We created an online, self paced course, available 24/7 to support staff and those using the services to get the best from their virtual mental health appointment.

RESPONSE TO COVID & CYBER ATTACK

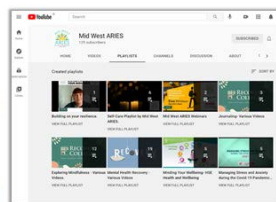
5 Webinars  
168 Attendees



Finding new ways to connect with people to promote recovery education is an important development strategy. We have run 5 webinars in this period, in partnership with Mental Health Reform, Mental Health Engagement & Recovery and Mental Health Ireland.

RESPONSE TO COVID & CYBER ATTACK

66  
Original Videos  
Created



A new development team with a wide range of multi-media and learning development skills has allowed Mid West ARIES to develop it's online video content from promotional videos to a range of guided meditations.

RESPONSE TO COVID & CYBER ATTACK

PODCASTS  
290 Plays

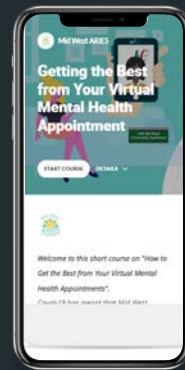


Podcasts are a great way to connect and learn. This year we re-branded our podcast. "The Wellness Panel" is an audio recording of our monthly webinar. Topics include Educational Pathways to Recovery to Resilience and Self Care.

# Development & Innovation

## New Modules

This year we co-produced and developed 23 modules with a large number of associated multimedia resources including worksheets, handouts, videos and audio clips.



We co-produced 3 hour (for in person delivery) and 2 hour versions (for online delivery) of all 4 of the Accessing Mental Health Services Series. Plus 1 self paced online course.

**13 Modules** in total.



We co-produced 3 hour and 2 hour versions of "Self Care, Buiding My Resiliences" and "Exploring Self Care" Plus 2 self paced online courses currently in development.

**6 Modules** in total.



In addition to re-imagining all workshops for online delivery in the Acute Units, we also co-produced **4 brand new modules**.



# MID WEST ARIES

# Development & Innovation

## New Resources

Below are a sample of the new resources we developed for our new modules, in particular the Accessing Mental Health Services Series and the Self Care Series. The resources developed for the Accessing Mental Health Services Series has been widely distributed across the mental health services.

### Accessing Mental Health Services Series



### Self Care Series





# Development & Innovation

## Multi Media Resources

Our development team have a strong background in elearning, instructional design and video production. As a result we have developed a number of multi-media resources which we host on our YouTube Channel and use in our workshops and webinars.

### Video Resources



- Volunteer Staff Facilitator- Barriers to Self-Care
- Volunteer Staff Facilitator – Self Care Tips
- Volunteer Staff Facilitator –Self Care Tips – Managing Stress
- Volunteer Staff Facilitator – Self Care Tips
- Body Scan Meditation
- Mid West ARIES Staff Self Care Video Part 1
- Mid West ARIES Staff Self Care Video Part 2
- Mid West ARIES Staff – Gratitude Journal Video
- Gratitude Meditation
- Volunteer Staff Facilitator – Self-Care Introduction
- Volunteer Staff Facilitator – Self-Care Tips
- Volunteer Staff Facilitator- Self-Care Gratitude
- Loving Kindness Meditation
- Mid West ARIES Staff –Self Care
- Mid West ARIES Staff –Self Care Part 2
- Self Care Quotes Collage
- Stretching – Fitness Video
- Mid West ARIES Staff –Walking in Nature Self-Care
- Walking Meditation
- Mid West ARIES Staff – Why is Self-Care Important?
- Working with Difficult Emotions Meditation
- Guided Meditation
- Webinar Edit- Barriers to Resilience
- Webinar Edit- Building on your Resilience
- Webinar Edit- What Resilience Means to You
- Mid West ARIES Staff Lockdown Tips x 1
- Mid West ARIES Staff Lockdown Tips x 2

### Audio Resources



- 5-4-3-2-1 Technique
- Body Scan Meditation
- Loving Kindness Meditation
- Gratitude Meditations x 2
- Walking Meditation
- Working with Difficult Emotions Meditation

*Above are the list of multi-media resources linked to modules only. We have also produced a large number of Mid West ARIES videos for distribution on social media and for other presentations.*

# Social Media

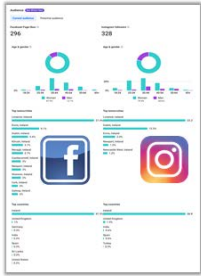
## Our Goals

- To increase engagement among our stakeholders.
- To provide Information and signposting.
- To provide recovery learning resources.
- To increase awareness of recovery education in the Mid West, in particular that recovery from mental health challenges is possible.
- To build and maintain key relationships with community partners in the Mid West.
- To build an online community for those interested in recovery education.
- To promote our online and in person community courses.

**SOCIAL MEDIA PRESENCE**

**FACEBOOK**  
296 Page Likes

**INSTAGRAM**  
328 Followers



**SOCIAL MEDIA PRESENCE**

**481 Followers**



**SOCIAL MEDIA PRESENCE**

**YouTube**  
131 Subscribers  
941 Views  
Watch Time: 24.7 Hours  
Reach: 3,700



**SOCIAL MEDIA PRESENCE**

**Eventbrite**  
171 Followers



**SOCIAL MEDIA PRESENCE**

**MONTHLY VISITORS TO MID WEST ARIES GOOGLE BUSINESS PAGE**



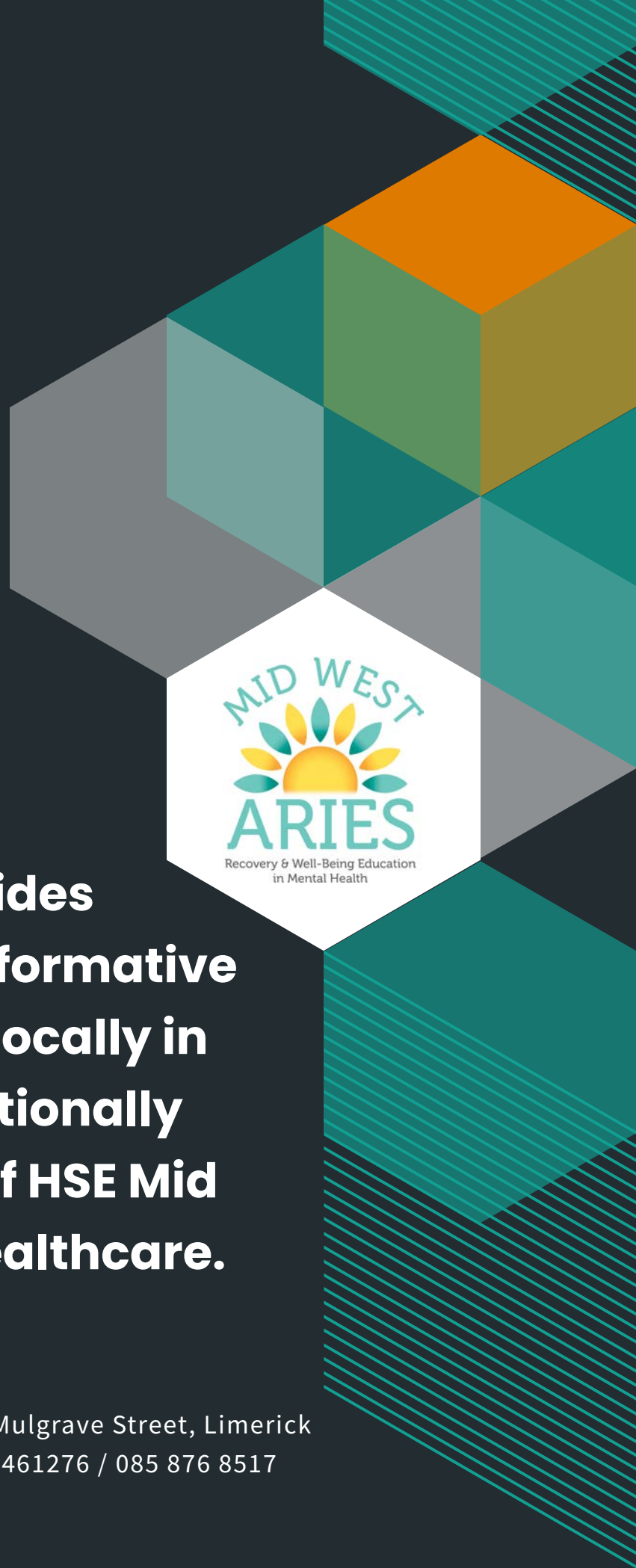
Sept 2020:	1,800
Oct 2020:	2,389
Nov 2020:	1,441
Dec 2020:	1,274
Jan 2021:	1,539
Feb 2021:	1,205
Mar 2021:	2,967
Apr 2021:	4,994
May 2021:	3,418
Jun 2021:	2,634
<b>TOTAL:</b>	<b>23,661</b>

Guided by our Social Media Communications Strategy we have used the various platforms to inform, engage and signpost.

We are delighted to see it's effectiveness with an increase in reach and engagement.

**Recovery  
from mental  
health  
challenges is  
possible.**





**Mid West ARIES provides free, inclusive, transformative recovery education locally in the Mid West and nationally online. We are part of HSE Mid West Community Healthcare.**

**Mid West ARIES**

Elmhurst, St. Joseph's Health Campus, Mulgrave Street, Limerick

Email: [michael.oneill8@hse.ie](mailto:michael.oneill8@hse.ie) | Tel. 061 461276 / 085 876 8517

HSE Mid West  
Community Healthcare