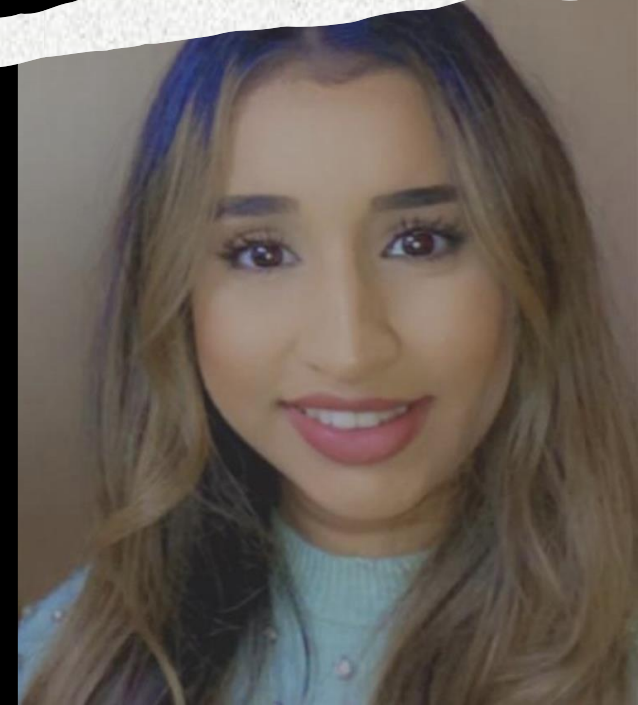


The Role of a Mental Health and Wellbeing Practitioner (MHWP)

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Our role

The Mental Health and Wellbeing Practitioner (MHWP) role has two main purposes:

- To support people with severe mental health problems, their families and carers with **collaborative care planning**.
- To provide people with severe mental health problems with wellbeing focused **psychological interventions** based on the best available evidence.



Referral pathway (draft)

- ➔ To follow the usual steps of a trusted assessment
- ➔ Consultation with Psychology or CBT – recommendations made to MDT or referrer
- ➔ Discuss in Psychology/CBT meeting
- ➔ Assessment with Psychology/or CBT ?joint with MHWP

If suitable, to be placed on the CBT/Psychology waiting list:

- a) MHWP do an Independent Intervention or Case Management whilst waiting for therapy
- b) Do an intervention or Case management alongside the therapist

If not deemed suitable:

- a) Direct to another part of the CMHWPB Team
- b) Signpost to suitable external Services - outside the Team and/or outside the Trust
- c) Accept for Psychology or CBT - go on waiting list



Psychological Interventions with a MHWP

We offer the following wellbeing-focussed, psychologically informed interventions for people with severe mental health problems:

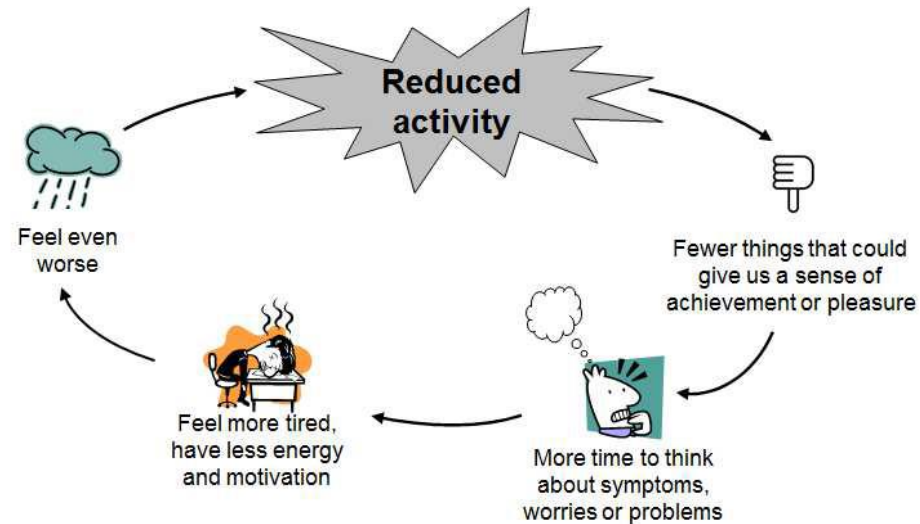
- Behavioural activation
- Graded exposure
- Teaching problem-solving skills
- Encouraging good sleep
- Recognising and managing emotions
 - Part 1: Recognising emotions
 - Part 2: Managing emotions
- Building confidence



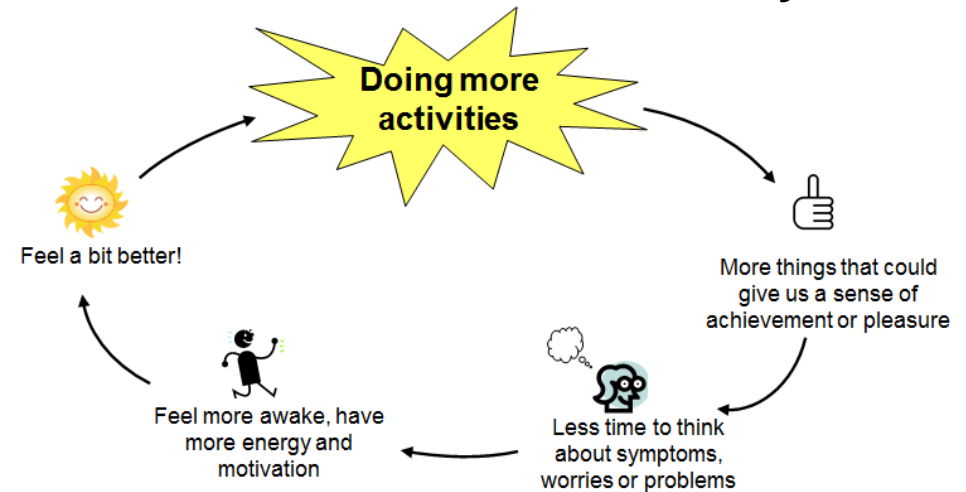
Behavioural Activation using the GOALS programme

Behavioural activation is an effective treatment for **depression**. It is focused on activities to help people establish daily routines, increase pleasurable activities and manage chores and self-care. It can be a very helpful intervention for people who have identified problems with motivation, mood or withdrawal from activities, or whose goals are focused on increasing enjoyable or rewarding activities.

The vicious cycle of reduced activity



How can we break the vicious cycle?



The stages of Behavioural Activation

Step 1: Understanding how depression can impact on personal goals.

Psychoeducation around symptoms of depression and the links between depression and reduced activity levels (common changes, plus personal impact on thoughts, feelings, physiological changes and behaviours using the 5 Areas Model).

Step 2: Setting personal goals for this intervention following the SMART rule (specific, measurable, achievable, relevant, time-based).

Step 3: Breaking the goal down into smaller steps and skills development.

Step 4: Completing the Steps using a weekly planner to build structure.

Step 5: Reviewing progress. That involves reviewing weekly activity plans enabling service users to reflect on their progress, receive feedback and problem-solve any difficulties experienced in implementation.

Weekly Schedule for Behavioral Activation

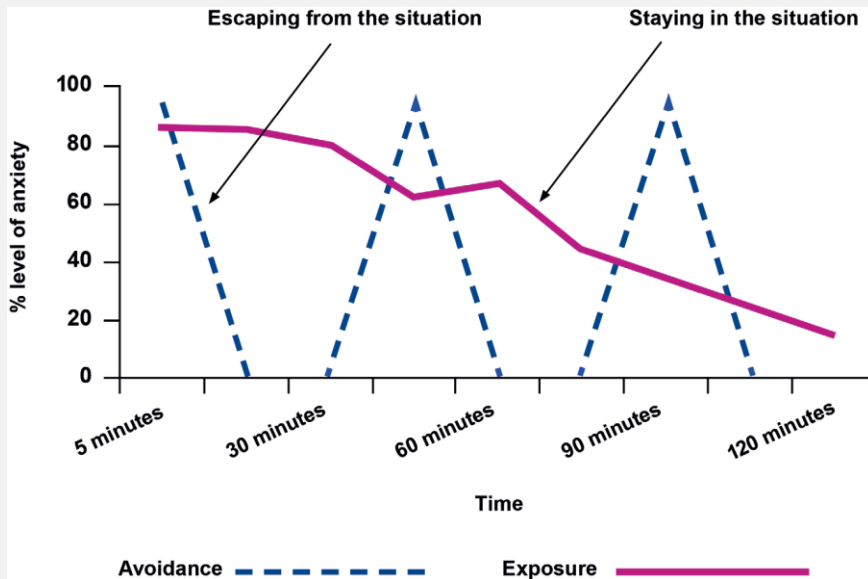
Create a schedule of activities that will lead to you having positive experiences in your day. If you are feeling depressed or unmotivated, it might be difficult to complete large or complex tasks. If this is the case, start with simple goals and work your way up to more challenging activities.

DAY	MORNING	AFTERNOON	EVENING
<i>Example</i>	<ul style="list-style-type: none">• Wake by 8 AM• Eat a full breakfast	<ul style="list-style-type: none">• Go for a 15 minute walk	<ul style="list-style-type: none">• Call a friend• Practice guitar
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

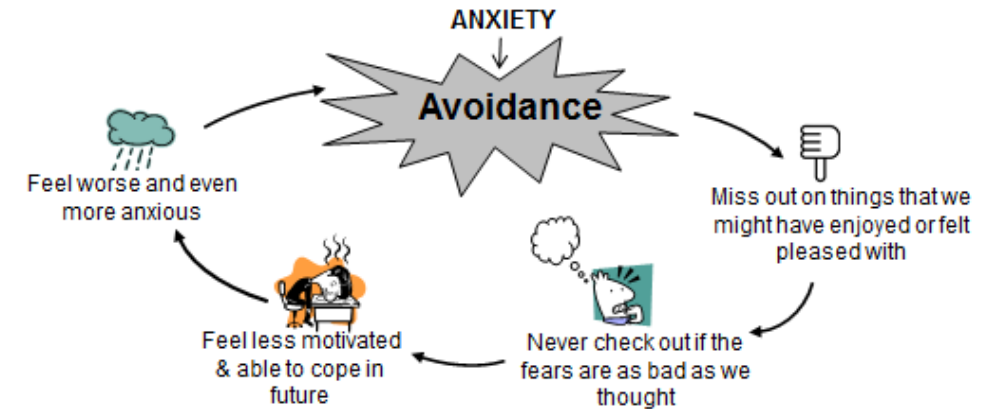
Graded Exposure using the GOALS programme

Exposure is the planned therapeutic confrontation to a feared situation, object or memory.

By staying with situations until the anxiety subsides, future similar situations don't lead to the same level of anxiety. Graded exposure can be a helpful intervention with service users who have identified problems with avoidance and some forms of anxiety, or goals focused on overcoming fears.



The vicious cycle of avoidance



How can we break the vicious cycle?



The stages of Graded Exposure

Step 1: Understanding the relationship between anxiety and avoidance

Step 2: Setting a goal to work on

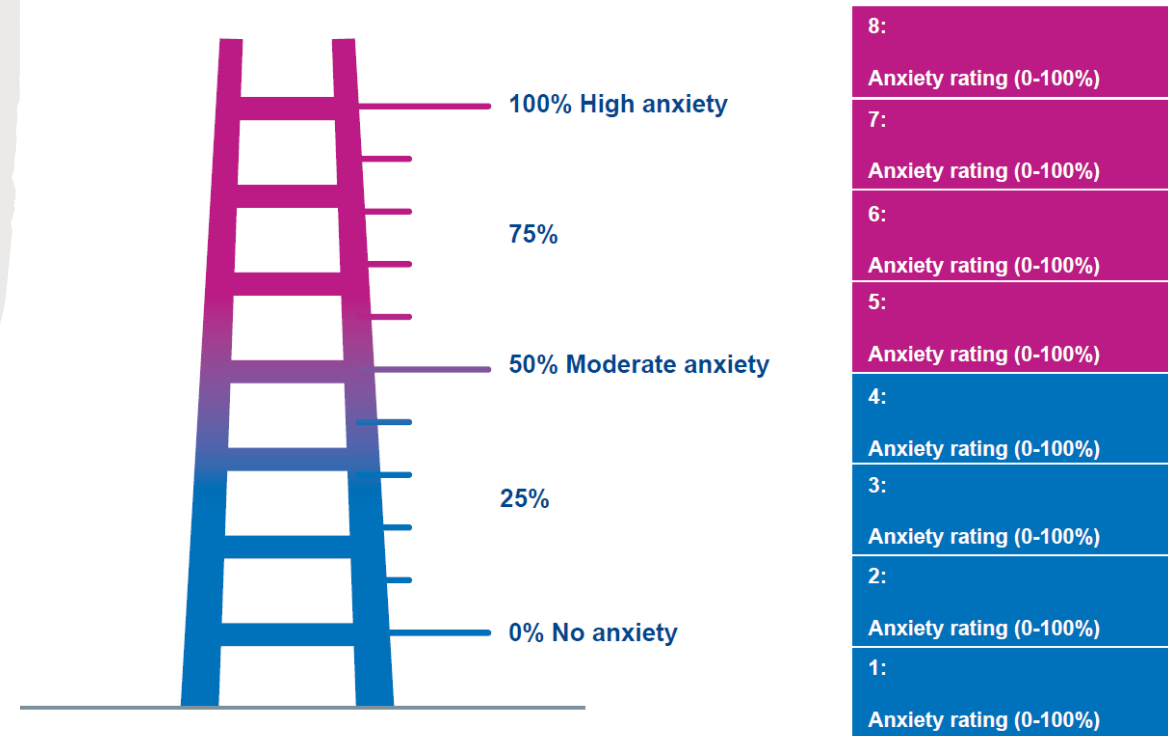
Step 3: Building an anxiety ladder or hierarchy

Step 4: Completing the steps

Step 5: Reviewing progress

Principles of graded exposure:

- * **Graded.** People learn better when they tackle things in stages.
- * **Focused.** It is important to pay attention to their thoughts and feelings without distraction.
- * **Prolonged.** An essential aspect of graded exposure is to remain in a situation for long enough so that over time their anxiety will eventually reduce on its own.
- * **Repeated.** People get better at things the more they do them, which means that repeated exposure to challenging situations will ultimately lead to less or no anxiety.



Teaching Problem Solving Skills

Problem-solving is a straightforward and effective low-intensity intervention that focuses on finding effective solutions to everyday life situations that are considered problematic. It is a particularly useful intervention for tackling practical aspects of a problem, and focuses on the here and now. Teaching problem-solving skills can be a helpful intervention with service users who have identified problems with worry, or with making decisions about how to move forward in life.

The 7 steps of problem-solving:

Step 1: Problem definition and formulation - identify the problem

Step 2: Generation of alternatives -

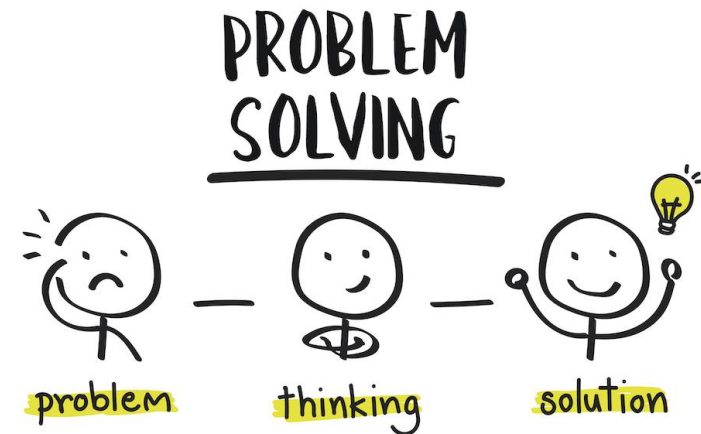
Step 3: Decision making - Consider the pros and cons of each possible solution

Step 4: Select the best or most promising solution

Step 5: Plan how to carry out the chosen solution

Step 6: Solution implementation and verification – put the plan into action

Step 7: Review what happens



Encouraging Good Sleep

Why is sleep so important?

- Sleep is essential for maintaining mental health and wellbeing. Without good sleep we would not be able to function optimally or reach our potential.
- As explored by Abraham Maslow (1943) in his 5-level hierarchy of human needs, sleep is a basic physiological need essential for human survival and is just as important as food, water and oxygen.
- It is during sleep when our bodies work to support healthy brain function and maintain physical health. Without enough sleep and achieving good quality sleep, our brains are not able to function accordingly.

The stages of improving sleep:

- Step 1:** Assessing sleep
- Step 2:** Identifying factors that disrupt sleep
- Step 3:** Setting the sleep window
- Step 4:** Building sleep pressure
- Step 5:** Feeling relaxed and calm for sleep
- Step 6:** Reviewing progress

Exercise	Avoid naps	Avoid caffeine and sugar	Wake up at the same time everyday	Eat a healthy diet
Keep daytime routine the same	Avoid video games before bed	Use your the bed for sleep only	Phone is kept outside of the bedroom	Warm milk helps you sleep
Avoid heavy food close to bedtime	Room is quiet	Free!	Cool temperature in room	Keep night time routine the same
Relaxation techniques	Trouble sleeping? Get up and try again	Meditate	Use a sleep diary	Warm cup of tea (caffeine free)
Room is dark	Turn the clock around to avoid watching the clock	Bathtime	Avoid TV while sleeping	Get sunlight everyday

Mindfulness of emotions

We want to encourage people to pay attention to the body sensations that are associated with emotions. Teaching service users to pause mindfully and reflect is 'putting a space between the itch and the scratch' so they realise they can learn to read emotions before acting on them.

Use of Multimedia Emojis and gifs are extremely helpful in psychoeducation about emotion. They are readily accessible on people's smartphones and add a touch of humour to the process.

Identifying emotions is important to give people mastery over their bodily sensations, and equip them to use emotions effectively. People who have had intense emotional experiences can fear their internal responses.

Whatever their past experiences, a Mental Health and Wellbeing Practitioner can help the service user have a better understanding of their emotions going forward!

Building confidence

As a MHWP, one of the ways we support service users to improve their wellbeing is to help them to build their own self confidence. This can be a helpful intervention with service users who have identified problems with confidence, or for whom low confidence is a factor keeping other problems going.

The stages of building self-confidence

- Step 1:** Assessing psychological wellbeing
- Step 2:** Identifying values and strengths
- Step 3:** Making an activities list (**based on values/strengths**)
- Step 4:** Planning activities
- Step 5:** Paying attention to the positive
- Step 6:** Reviewing progress





THANK YOU

ANY QUESTION?