



Training Update

Connect5 Mental Health & Wellbeing Training

September 2019

Connect5 is a mental health promotion training programme designed to increase the confidence and core skills of front line staff so that they can be more effective in having conversations about mental health and wellbeing, help people to manage mental health problems and increase their resilience and mental wellbeing through positive changes.

It is a tiered training programme and participant's progress through stages, dependent on how much of their role involves working with people experiencing poor mental wellbeing. We deliver the 3 stages over 2 days and participants must attend the stages 1 and 2 before attending stage 3.

Stages 1 & 2 (one day): Consists of brief mental wellbeing advice, designed to help participants better understand mental health, mental wellbeing and mental illness. We introduce a brief mental wellbeing intervention to help participants develop their understanding, skill and confidence to work with and improve mental health and wellbeing

Stage 3 (one day): Focuses on integrated mental wellbeing interventions, designed to help participants learn different ways to motivate and support people in making changes that promote mental health and resilience

Feedback

Since May we have trained 36 people over 3 sessions of stages 1 & 2 and 14 of those have gone on to attend the higher level of the Connect5 training.

98% of attendees rated the training as either good or very good and 90% rated their confidence in implementing what they had learned as high or very high.

How attendees described the training in one word



What attendees found most useful from the course

- Learning new techniques to support people with mental health issues.
- Informative, course tutor knowledgeable. Friendly, shared views from different organisations.
- Easy to understand.
- Good trainer and very knowledgeable.
- Very relevant and useful for my day to day role.
- Well-paced - no time wasted during the day. Good delivery style.
- Trainer was excellent and very knowledgeable.
- Interacting with other professionals and putting theory into practice.
- Exceptional delivery, good pace and balance of activities, kept engaged.
- All the session was excellent
- Very useful questions helping make easier to use when meeting up with clients.
- It was very interactive & also relevant to my role.
- Very informative and thought provoking.
- Presented with confidence and ease. Made learning enjoyable. Engaging.
- Information was broken down well.
- Learning more about situations and implementing through sessions with clients.
- The toolkit that I can use in my role.
- Group exercises to put into practice the theory.
- All relevant to role and will put into practice.
- Well facilitated. Knowledgeable trainer.
- Really well delivered - very confident and knowledgeable. Feel excited to put into practice.
- Very relative to our service and will be very useful and actually invaluable to the clients that access our service.
- Awesome, thank you! Really inspiring and useful in personal life as well as work.
- A fantastic thought provoking course. I will be putting into practice.
- The trainer kept me engaged throughout involving practical learning activities.

Connect5 is delivered as part of the Change 4 Life training programme in South Tyneside and is FREE to all those who work in South Tyneside. The Change 4 Life training programme in South Tyneside has supported over 3000 individuals to have Make Every Contact Count (MECC) conversations with people to enable them to make healthier choices and improve their own health and wellbeing.

For more information on Change 4 Life training contact the training team at First Contact Clinical Telephone: 0191 432 9838 (Option 1), Email: training@firstcontactclinical.co.uk or visit our website

www.firstcontactclinical.co.uk/Courses/Change4Life

