



Mid West Advancing Recovery in Ireland Education Service

ANNUAL REPORT JUNE 2018 - 2019

HSE Mid West
Community Healthcare



1. 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 Recovery Education Facilitators
- Our partner community groups
- Mark Sparling (Head of Service Mid West Mental Health Services) and members of the Area Management Team
- 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 colleagues

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2. Introduction



Mid West ARIES Team: Mike O'Neill (Peer Education, Training and Development Officer), Eileen Cunningham (Education, Training and Development Officer) and Niamh Wallace (Service Improvement Manager)

Dear colleagues and supporters of Mid West ARIES,

I am delighted to present the 2018/2019 annual report from Mid West ARIES which tells you about our achievements over the past 12 months and our plans for the future. High quality recovery education that is co-produced and co-delivered is available and making a difference to people who live in our communities, those who use our services, and our staff.

This year has seen Mid West ARIES go from strength to strength, working together with communities right across the Mid West to provide access to recovery education as near to home as possible. This is achieved in partnership with voluntary and statutory bodies who provide us with invaluable support. People using our acute services now have access to recovery education as part of our in-patient programmes in Ennis General Hospital and University Hospital Limerick. Our staff and teams across the service have the opportunity to participate in training that facilitates reflection on recovery oriented practice. Future mental health professionals receive recovery principles and practice education through our partnership with the University of Limerick. All of this is made possible by the commitment of our dedicated team of recovery education facilitators.

We look forward to the year ahead where we will be exploring new partnerships and further innovative ways to facilitate recovery in mental health through education.

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3. Executive Summary

- Mid West ARIES has extended its reach into twelve communities across the Mid West region. It has moved beyond urban centres into local communities to make recovery education accessible to all. Two-hundred and ninety-seven individuals availed of Mid West ARIES community based modules over the past twelve months.
- Mid West ARIES continues 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. Eighty-four sessions were delivered over the past year with eight-hundred and four contacts in total.
- Recovery Principles and Practice training for staff continued this year with one-hundred and sixteen staff members participating across acute, administration, medical and general adult services.
- Mid West ARIES extended its partnership with the University of Limerick this year to educate mental health practitioners of the future. One-hundred and twelve students across allied health, nursing and clinical psychology participated in co-produced recovery education modules with excellent participation and feedback.
- Mid West ARIES has a team of committed and excellent recovery education facilitators. This year nine new staff facilitators were recruited and trained. Ongoing support and training sessions are provided for facilitators throughout the year.
- Co-production of recovery education material is an ongoing commitment and this year Mid West ARIES developed eleven new modules with fifty-nine individual participants made up of those who use services, service providers, voluntary partners and supporters.
- Development and Innovation – a research project exploring the experience of participating in recovery education will be completed by end 2019. Mid West ARIES continues to explore new partnerships and possibilities....

4. The Year by Numbers

1463

Individuals Attended a Mid West ARIES Event

Co-Production

7 Workshops
59 Participants
11 New Modules
98% Approval of Experience

Recovery Education Facilitators

Facilitated **492** Hours of Recovery Education in Community & Acute Units
33 Support & Training Sessions

Community

62 Modules
297 Attendees
12 Locations
98% Approval of Experience

Acute Services

84 Modules
804 Contacts
Unit 5B – 38 Modules – 303 Contacts
Ennis APU – 46 Modules – 501 Contacts

Recovery Principles and Practice with Mental Health Staff

19 Sessions
116 Staff Members Trained

Staff Induction

3 Presentations
33 Attendees

3rd Level Students

3 Sessions
112 Students

Partnership Event

Connecting for Life Conference 2018
2 Workshops
42 Attendees

5. Vision and Mission

Vision

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

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, carers and anyone with an interest in mental health and well-being.



6. Quality and Standards

Mid West ARIES provides a quality recovery education service across the Mid West. An important part of developing this service was the creation of values, principles, guidelines and strategies to underpin the work of Mid West ARIES.

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 recognise the importance of having clear Quality Assurance Guidelines. The document is currently being designed.

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



The following living documents were designed between June 2018 and June 2019:

- Mid West ARIES Core Communication Principles
- Mid West ARIES Communication Strategy
- Mid West ARIES Community Development Work Core Values
- Mid West ARIES Recovery Education Facilitator Agreement
- Mid West ARIES Discrimination Guidelines
- Mid West ARIES GDPR consent form
- Mid West ARIES Photograph and/or Video Consent Form
- Mid West ARIES Privacy & Confidentiality Agreement

Please contact Mid West ARIES Office if you wish to view these documents.

7. Recovery Education in The Community

One of our overarching aims is to work with communities in the Mid West to provide an educational programme on recovery and well-being that is responsive to the needs of the community. We pride ourselves on creating effective partnerships in local communities to achieve this.

We run our community timetable by semester and have completed an Autumn/Winter 2018 timetable and a Spring/Summer 2019 Timetable.

In April 2019 we designed a Community Prospectus outlining the work we do in communities in the Mid West and recognising the communities we've worked with so far.

From May 2018 to June 2019 we delivered in 12 locations across the Mid West with a total of 297 individuals attending 62 modules. The total attendance over these 62 modules was 702, indicating that a number of people attended at least two Mid West ARIES community modules.



We used two 5 point Likert scales to evaluate each module.

The first scale seeks to evaluate participants' satisfaction with the delivery of the module. Responses from 578 participants indicated a 98% satisfaction rate.

The second scale is based on the principles of CHIME. Responses from 578 participants are represented below.

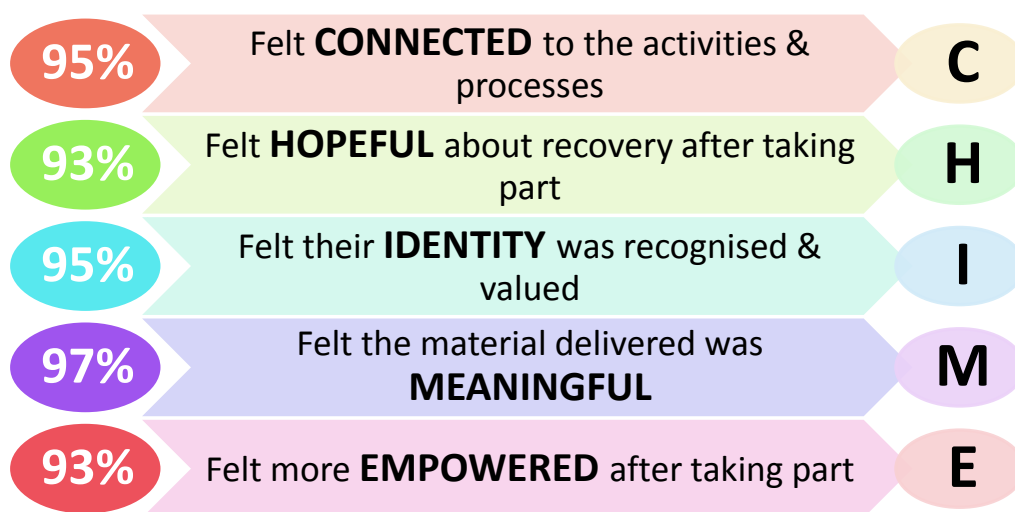


Table 7.1 Community Delivery

| Location | Modules Delivered | Number of Attendees | Total Attendance | Dates |
|--|-------------------|---------------------|------------------|------------------------|
| Sonas Centre, Chapel Lane, Ennis, Co. Clare. | 6 | 15 | 40 | May-June 2018 |
| Tar Isteach, Premier Hall, Thurles, Co. Tipperary. | 6 | 35 | 69 | May-June 2018 |
| Roscrea Youth Centre, Gaol Road, Roscrea, Co. Tipperary. | 4 | 14 | 31 | September 2018 |
| Our Lady of Lourdes Community Centre, Childers Rd., Rosbrien, Limerick. | 6 | 32 | 58 | September-October 2018 |
| Kilrush Community Centre, Toler St., Kilrush, Co. Clare. | 6 | 15 | 49 | September-October 2018 |
| Newcastlewest Community Centre, Demesne, Gortboy, Co. Limerick. | 6 | 15 | 52 | November-December 2018 |
| Nenagh Library, O'Rahilly St., Nenagh, Co. Tipperary | 4 | 32 | 82 | November 2018 |
| Southill Hub, O'Malley Park, Southill, Limerick. | 4 | 42 | 99 | February-March 2019 |
| The Pavilion Community Hall, Main St, Rathbaun, Lisdoonvarna, Co. Clare. | 5 | 5 | 21 | February-March 2019 |
| Tar Isteach, Premier Hall, Thurles, Co. Tipperary | 4 | 30 | 73 | March-April 2019 |
| Rathkeale Youth Space, Abbey Court, Rathkeale, Co. Limerick. | 1 | 15 | 15 | April 2019 |
| Ballyhoura Development CLG, Coote Hall, Kilmallock, Co. Limerick. | 6 | 20 | 46 | May-June 2019 |
| Sonas Community Centre, Chapel Lane, Ennis, Co. Clare. | 4 | 27 | 67 | May-June 2019 |
| Total | 62 | 297 | 702 | |

Mid West ARIES is committed to learning and developing as a service. We gather qualitative feedback by asking what worked best and what worked less well or could be improved at the end of each module delivered. This feedback is then used to evaluate, reflect and learn. A sample of qualitative feedback is presented here:



What worked best in the session?

"I love that the workshops are interactive and everyone is involved and gives their opinions."

"People were made to feel comfortable and encouraged to participate. Things are more clear in relation to my recovery."

"All elements were good. Videos and group work were relevant. Made people feel comfortable to give personal experiences."

"I felt free to talk and ask questions. I learned loads from the group talks and feedback afterwards."

What worked less well or could be improved?

"Use a bigger space."

"Wish ye could do it in schools or maybe a group for 16 to 18 year olds."

"Follow-up sessions and more time."

"Break into groups more often."

Any other comments or suggestions?

"Great four week programme. Would like to follow up on other programmes."

"Keep these courses going! It is so important for people to learn more."

"Sorry that the six weeks are over, and hoping for something else to be ran soon."

"Well done to all the facilitators. I admire their courage, honesty, and realness. Thank you for such an empowering knowledge and experience."

8. Recovery Education in Acute Units

Service Reform Fund community consultations highlighted the need for access to recovery education in acute services in the Mid West.

In April 2018 a co-production session was held with service users, family and staff to develop new recovery education material for acute settings. This resulted in the co-production of three new recovery education modules.

With the support of acute unit management, module delivery began in Ennis APU in mid June 2018 and in Unit 5B UHL in early July 2018.

Each module is delivered by a member of Mid West ARIES staff along with one Recovery Education Facilitator who has experience of using acute services.

The total number of modules delivered and attendees is outlined below.

A simple qualitative feedback form is used for evaluation at the end of each module. The poem on the opposite page consists of quotes from this qualitative feedback.

Feedback from management and staff has also been consistently positive.

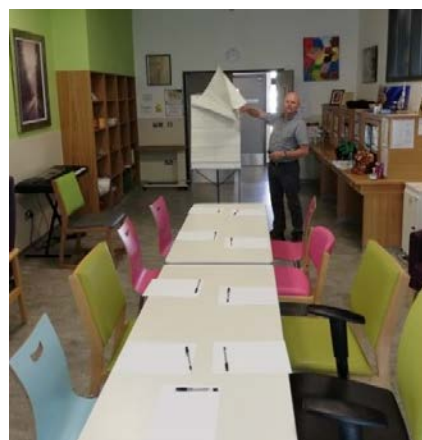
Mid West ARIES was also listed as a quality initiative and as evidence of the implementation of Therapeutic Services and Programmes in the Mental Health Commission 2018 Approved Centre Inspection reports from both approved centres –

Unit 5B, UHL: *“Commenced ARIES (Advancing Recovery in Ireland Education Service) a recovery education programme.”*

Ennis APU: *“Programmes included (...) Advancing Recovery in Ireland Education Service (ARIES), a co-produced workshop with a trained service user.”*

Table 8.1 Acute Unit Delivery

| Location | Modules Delivered | Mean Number of Participants | Total Contacts |
|--------------------|-------------------|-----------------------------|----------------|
| APU, Ennis General | 46 | 11 | 501 |
| Unit 5B, UHL | 38 | 8 | 303 |
| Totals | 84 | 10 | 804 |



8.1 Mid West Aries - Learner's Feedback – Acute Unit Ennis and Unit 5B Limerick

Listening. Learning,
Interaction,
Trying to get life back in order.
People who had somehow recovered
Relating to one another,
Refreshing to see,
Promoting hope in every way.

What helped me the most?
Asking "what one thing can I do today?"

Hearing personal experiences,
To listen to other people,
Listening to how they cope.
Experiences shared,
Open honesty...
Gives me hope for...
The future.

Listening to the speakers
Having travelled through
What we're going through now.
A "two way approach",
Sharing common ideas and values,
The honesty,
The closeness.

You're all wonderful people
Talking about your recoveries
Going through the same things
As me.
If everyone was honest,
This world would be a better place.

Each speaker was inspiring,
Interacted well,
Connected well.
Empathy evident.
Power of delivery.
Respect established.
Providing a wonderful service,
Should be rolled out,
A vital program,
Isolated areas,
Nationwide.

Using "I" statements.
I'm happy with the session.
I thought it was good all round.
I feel a lot better in myself.
I learned a lot.
I felt understood.
I will consider that master's degree.

The people who gave the session
Were once people like me.
Telling their own stories.
It can be a very hard thing to do.

Everyone has their story.

Looking forward to the days ahead.

I hope to continue to learn.

Thank ye so much,
Please call again 😊.



9. Recovery Principles and Practice with Mental Health Staff

Mid West ARIES has delivered Recovery Principles and Practice (RPP) Module One in line with The National Framework for Recovery in Mental Health 2018-2020 (Action 4.1.3) which requires that local CHOs provide Recovery Principles and Practice workshops to all staff within the two years of the Framework.

This module facilitates discussion about recovery principles and explores how these fit with work practice. The module also provides an opportunity to define what recovery means and to listen to the personal narratives of facilitators and their experience of the recovery journey.

RPP Module One has been delivered 19 times to a total of 116 people.



Table 9.1 RPP Delivery 5B, UHL

| Staff Cohort | Location | Date | Attendees |
|----------------------|--------------|------------|-----------|
| Mental Health Nurses | Unit 5B, UHL | 11/10/2018 | 5 |
| Mental Health Nurses | Unit 5B, UHL | 12/10/2018 | 5 |
| Mental Health Nurses | Unit 5B, UHL | 18/10/2018 | 7 |
| Mental Health Nurses | Unit 5B, UHL | 19/10/2018 | 4 |
| Mental Health Nurses | Unit 5B, UHL | 13/12/2018 | 5 |
| Mental Health Nurses | Unit 5B, UHL | 17/01/2019 | 7 |
| Mental Health Nurses | Unit 5B, UHL | 18/01/2019 | 6 |
| Mental Health Nurses | Unit 5B, UHL | 28/02/2019 | 6 |

Table 9.2 RPP Delivery Ennis APU

| Staff Cohort | Location | Date | Attendees |
|----------------------|-----------|------------|-----------|
| Mental Health Nurses | Ennis APU | 16/10/2018 | 5 |
| Mental Health Nurses | Ennis APU | 06/11/2018 | 5 |
| Mental Health Nurses | Ennis APU | 13/11/2018 | 7 |
| Mental Health Nurses | Ennis APU | 20/11/2018 | 5 |
| Mental Health Nurses | Ennis APU | 04/12/2018 | 5 |
| Mental Health Nurses | Ennis APU | 22/01/2019 | 6 |
| Mental Health Nurses | Ennis APU | 19/02/2019 | 5 |
| Mental Health Nurses | Ennis APU | 26/02/2019 | 3 |

Table 9.3 RPP Delivery Open Session

| Staff Cohort | Location | Date | Attendees |
|--------------------|----------------------------|------------|-----------|
| Mixed Open Session | St. Joseph's Health Campus | 24/04/2019 | 14 |

Table 9.4 RPP Delivery Administration

| Staff Cohort | Location | Date | Attendees |
|---|----------------------------|------------|-----------|
| Limerick Medical Secretaries and Administrative Staff | St. Joseph's Health Campus | 14/05/2019 | 7 |

Along with delivering RPP Module One to Non-Consultant Hospital Doctors (NCHDS) in May 2019, Mid West ARIES has also been invited on three occasions to give a twenty minute overview of the service as part of the clinical induction programme for trainees in psychiatry.

After each delivery of Recovery Principles and Practice Module One, Mid West ARIES compiled a report and shared it with management and participants. Each report includes recommendations for the integration of theory in to practice in each location.

Table 9.5 Delivery RPP and Induction with Non-Consultant Hospital Doctors

| Staff Cohort | Location | Date | Attendees |
|-------------------|----------------------------|------------|-----------|
| NCHDs (Induction) | St. Joseph's Health Campus | 09/07/2018 | 9 |
| NCHDs (Induction) | St. Joseph's Health Campus | 14/01/2019 | 11 |
| NCHDs (RPP) | UHL CERC | 02/05/2019 | 9 |
| NCHDs (Induction) | St. Joseph's Health Campus | 08/07/2019 | 13 |

| Qualitative Feedback | | |
|--|---|--|
| <i>"Makes me realise how important every staff member is in the service and how much meeting and sharing experiences is needed to work better."</i> Admin session | <i>"It would be great if all staff in Mental Health Service could avail of this training, as it is inspirational."</i> Ennis APU | <i>"This was a very important workshop with huge potential to improve the mental health services."</i> NCHD session |
| <i>"Brilliant workshop, very helpful, made me realise how important my work is."</i> Unit 5B, UHL | <i>"I enjoyed this workshop and feel that this is the future of psychiatry."</i> NCHD session | <i>"Very good starting point, would like more. Personally, very insightful and you have given me hope as I felt lost."</i> Open session |

10. Recovery Education University of Limerick

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

In 2018 and 2019 the following was delivered:



Table 10.1 Delivery Third Level Students

| Student Cohort | Topic | Date | Attendees (112) |
|---|---|------------|-----------------|
| 1st year Mental Health Nursing Students | Introduction to Recovery Principles and Practice | 16/10/2018 | 26 |
| School of Allied Health | Innovation in Mental Health – with Service Improvement Team | 20/02/2019 | 75 |
| Doctorate Clinical Psychology | Recovery Principles and Practice Module One | 20/05/2019 | 11 |

Feedback for Mental Health Nurses was gathered using the standard Mid West ARIES Feedback Form.

Socrative, an online feedback tool, was used to gather qualitative feedback from students in the School of Allied Health.

The Recovery Principles and Practice Module One Evaluation Form was used with postgraduate students in Clinical Psychology. After the delivery of Recovery Principles and Practice Module One, a report was compiled and shared with the Director of Clinical Psychology in UL. This report included recommendations for the integration of theory in to practice and the suggestions that students made to work for changing work practice.

Qualitative Feedback

“As someone who has been a service user, it gives me hope that my past will not limit my abilities as a mental health nurse.”

“The team showed such passion, insight and desire for the work they engage with. It was one of the best lecturers we ever had for our learning going forward”

“I found it very motivating to think that I can help someone in the future.”

“Spoke to me on both a professional and personal level, with family members with mental health difficulties I am hopeful given the advocacy and work you are doing as an organisation.”

11. Recovery Education Facilitators

Mid West ARIES Recovery Education Facilitators are people with lived experience, people who have used the services, family members of those using the services, and staff working within mental health services.

In 2018, there were 29 people available to facilitate recovery education in the Mid West. Recruitment commenced on the basis that people would be paid for facilitating. One of the most challenging aspects of rolling out the service this year has been the suspension of Reimbursement and Remuneration. This suspension has had a direct impact on the capacity to deliver recovery education in the Mid West.

In facing this challenge, Mid West ARIES is grateful that there is still a dedicated and valuable group of people facilitating across the Mid West. The work completed this year would not be possible without them.

There are now 25 Recovery Education Facilitators involved with Mid West ARIES.

It is important that facilitators are supported in delivering recovery education modules. Regular meetings and practice sessions are held to prepare for delivering, to reflect on work done, to discuss the training needs of the group and to provide any additional support people need in terms of preparing for facilitating.

Between March 2018 and June 2019, there were 24 such support and practice meetings held. These were attended by between one and fifteen Recovery Education Facilitators.

The exploration of training needs for Recovery Education Facilitators is ongoing as it is important to provide adequate training for facilitators so that they feel comfortable and equipped to perform in their role.

Mid West ARIES has also established an effective partnership with Psychology services and a Senior Clinical Psychologist runs a Peer Reflective Group with Recovery Education Facilitators every six weeks. Four sessions have been held to date.



Table 11.1 Recovery Education Facilitator Training

| Training | Purpose |
|--|---|
| Training for Transformation (4 sessions) | Creative facilitation training. The aims of Training for Transformation are to help participants to be better resourced, to be more resourceful, to be strengthened in taking up the role of team member & to be more aware of & skilful in the design of processes to elicit or deliver content. |
| Narrative4 (3 sessions) | Storytelling as a tool to create a stronger connected community. Trained facilitators in the skills of storytelling. Facilitators also learned about the relationship between storytelling & empathy & how it can be used to create positive social change in the community. |
| Working With Groups – Simon Wale | This workshop focussed on working with groups in an effective way e.g. skills/tips to manage emotions & de-escalate situations & develop a safe culture. |
| Recovery Principles & Practice Module 1 | This module facilitates discussion about recovery principles and explores how these fit with work practice. The module also provides an opportunity to define what recovery means and to listen to the personal narratives of facilitators and their experience of the recovery journey |

Why Facilitate with Mid West ARIES?

| | | |
|--|---|--|
| Being able to give back to the community. | The feeling of joy I get from seeing someone getting a small bit of hope that recovery is possible. | Meeting like-minded people, who have been able to recover and continue to stay well. |
| I received so much – it feels only right to pass it on. | Hoping to change the system. | Making a connection with people. |
| It's a genuine investment in helping others overcome mental health difficulties. | Facilitating workshops was beneficial emotionally and for confidence. | Helping other people is good for my own self-esteem and gives me a sense of purpose. |

12. Development and Innovation

12.1 Co-production

Mid West ARIES is committed to co-production in the development and delivery of all aspects of the service.

Principle Two of *A National Framework for Recovery in Mental Health 2018 – 2020* outlines the importance of the co-production of recovery-promoting services, between all stakeholders.

Mid West ARIES builds upon the national drive to create recovery-orientated services through the co-production and co-delivery of all modules. This year has seen 11 new recovery education modules co-produced.



Mid West Service Improvement Office Co-production Definition

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

Table 12.1.1 Record of Co-production

| Material Co-produced | Partners | Number of Attendees |
|---|---|---------------------|
| Presentation for Recovery Education Conference | Mid West ARIES Recovery Education Facilitators | 7 |
| 3 Acute Unit Recovery Education Modules | Service Users, Family Members and Staff | 10 |
| 4 Living Well With Anxiety Modules | Community First Roscrea and CMHT Members from Thurles | 9 |
| Recovery Principles and Practice Module One | Mid West ARIES RPP Facilitators | 7 |
| Understanding Acute Mental Health Services for Family, Friends and Supporters | Service Users, Family Members and Staff | 8 |
| Co-production Principles and Practice Modules | Service Users, Family Members and Staff | 12 |
| Co-production Principles and Practice Modules continued | Service Improvement Team | 6 |
| Total | | 59 |

12.2 Promotion and Communication

Mid West ARIES Communication Strategy was developed to reach as large an audience as possible across the Mid West.

Through email, social media, and press releases, courses and ongoing activities are promoted. Promotional materials, including a leaflet and community prospectus, were designed and distributed to participants at modules, to mental health teams across the Mid West, and at a range of promotional events. A timetable and location specific posters have also been designed and distributed each term.

These are available to download at www.hse.ie/mwaries.

To engage a varied audience, Mid West ARIES keeps a Twitter, Instagram, Google and Youtube account updated. Online analytics are used monthly to assess the effectiveness of social media use.

To evaluate the effectiveness of the Communication Strategy, participants at community modules were asked the following question on the module evaluation sheet: “Where did you hear about this ARIES module?” Answers are compiled below.

Table 12.2.1 Participant answers to “Where did you hear about this ARIES module?”

| How People Heard About ARIES Modules | Totals from 33 Modules Delivered |
|--------------------------------------|----------------------------------|
| HSE Services | 70 |
| Community Organisations | 50 |
| Word of Mouth | 43 |
| Social Media/Website | 40 |
| Other | 37 |
| Email/EOI | 19 |
| Poster | 19 |
| Newsletter/Paper | 5 |
| MHE Forum | 2 |

12.3 Research

Assistant Psychologist with Mid West ARIES, Melissa Woods, received ethical approval to complete a research project entitled “A qualitative thematic analysis of lived experiences of participants in community based recovery education”.

As uptake and demand for the services provided by Mid West ARIES increases, there is a need to evaluate the experiences of participants.

The study aims to consider how recovery

education contributes to mental health recovery, understand the benefits of co-production and use of the personal narrative, and assess how Mid West ARIES meets the Recovery Education related actions in A National Framework for Recovery in Mental Health 2018 – 2020.

Preliminary results have been accepted for presentation at the 8th European Conference on Mental Health in Belfast in October 2019.

12.4 New Initiatives

Mid West ARIES receives regular requests to partake in and contribute to the development of new initiatives. This year, Mid West ARIES has linked with the following initiatives:

- Mid West Traveller Youth Mental Health Initiative – collaboration to consult and provide expertise around co-production and recovery education.
- Limerick Prison – discussions commenced with the Irish Prison Service, the Red Cross, and Limerick and Clare Education and Training Board.



12.5 Partnership and Collaboration

Mid West ARIES is committed to developing strong community partnerships.

During the planning and preparation of each community timetable, local organisations were contacted and visited. Guided by Mid West ARIES Community Development Work Core Principles, the needs of local areas were considered and a suitable location for the delivery of recovery education was sourced.

In 2018-2019, a number of partnerships were re-established and enhanced while new partnerships continued to develop across the region.

Mid West ARIES also received a number of invitations to participate and collaborate in mental health and education related events.

Table 12.5.1 Participation in Partner Events

| Connecting for Life Conference 2018 | Limerick Mental Health Week 2018 | Limerick Lifelong Learning Festival 2019 |
|--|--|--|
| <ul style="list-style-type: none"> - Delivered 2 workshops in partnership with Mental Health Engagement - 42 individuals attended - Represented on panel discussion | <ul style="list-style-type: none"> - Module in Our Lady of Lourdes Community Centre - Connecting with Services Event - Co-production for Understanding Acute Mental Health Services for Family, Friends & Supporters. | <ul style="list-style-type: none"> - Module in Rathkeale Youth Space - Bridging the Gap to Recovery: Education and Learning in Mental Health, City Hall - West Limerick Resources Learning Expo, Newcastle West |

12.5.1 Partnership and Collaboration Details

Mid West ARIES has partnered with, and has been supported and assisted by, the following:

- HSE Mid West Community Healthcare
- Mental Health Ireland
- Office of Mental Health Engagement and Recovery
- Roscrea Community First
- Tar Isteach, Thurles
- St. Mary's Day Hospital, Thurles
- Tipperary County Council Library Services
- Healthy Ireland at your Library
- Le Chéile
- Limerick Mental Health Association
- Bedford Row Family Project
- Samaritans
- Our Lady of Lourdes Community Services Group
- Southill Hub
- Focus Programme, National Learning Network
- West Limerick Resources CLG
- Learning Limerick
- Ballyhoura Development CLG
- Paul Partnership
- Rathkeale Youth Space
- Moyross Community Enterprise Centre Limited
- Grow
- Aware
- Lisdoonvarna Fáilte Ltd
- The Lighthouse Peer Support Centre, Kilrush
- West Clare Mental Health Association
- Hope Café, Shannon
- Ennis Mental Health Association
- Kilrush Community Centre
- Mental Health Engagement, Mid West
- National Office of Suicide Prevention
- Acute Psychiatric Unit Management and Staff
- Psychology, Mid West Mental Health Services
- Portfolio Management Office - Project Vision
- Psychiatry of Later Life and Old Age Psychiatry, Limerick
- Mid West Traveller Youth Mental Health Initiative
- Primary Care Social Workers
- Counselling in Primary Care
- Department of Psychology, University of Limerick
- Department of Nursery and Midwifery, University of Limerick
- School of Allied Health, University of Limerick

12.5.2 Some of the Organisations Mid West ARIES has Partnered and Collaborated with





MID WEST ARIES

Recovery & Well-Being Education
in Mental Health

HSE Mid West
Community Healthcare



Mental Health
Ireland