



MID WEST

ARIES

Recovery & Well-Being Education
in Mental Health

Mid West Advancing Recovery
in Ireland Education Service

PROSPECTUS

Mid West
Advancing Recovery
in Ireland Education Service

**Free Mental Health Recovery
Education in Communities
Across The Mid West**

HSE Mid West
Community Healthcare

Limerick ~ Clare ~ North Tipperary

WELCOME



Welcome note from Mike (Peer Education, Training & Development Officer) and Eileen (Education, Training & Development Officer)

Welcome to Mid West Advancing Recovery in Ireland Education Service (ARIES).

We hope you find this community prospectus informative.

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

Our free workshops offer a respectful and inclusive space where you can get a better understanding of recovery and mental health, learn tools and skills to improve your well-being, meet and connect with others, and learn from other people's experiences.

All of our modules are co-produced and co-delivered by people with lived experience, service users, family members and staff working within the services and are open to anyone (aged 18+) with an interest in mental health and well-being.

If you would like to attend or get involved, please contact us – we will be delighted to offer you a warm welcome.

Mike and Eileen.

MID WEST ARIES

Vision & 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.

WHAT MAKES MID WEST ARIES *Different?*

Co-Production

- The topics of the courses are created by people with lived experience, service users, family members and service providers. This is called co-production. This means that everyone has a say in what goes in to the courses.

Co-Delivery

- The courses are then delivered by people with lived experience, family members and staff working in mental health services. This is a different way to how other courses are usually created and delivered.



Mid West ARIES Co-Production *Definition*

Co-production is a way for people who use 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.



What Our Learners Say...

“Another **great night** feeling **empowered.**”

“A big thank you as I go on to be a **happier, healthier person** because I took **part.** Thanks for sharing your stories and listening to mine.”

“The whole session was useful for **dealing with anxiety** and how I can **manage it going forward.**”

“The education programme really made an **immense difference** to my **recovery.**”

“It was a **great course.** Brilliant facilitators with **lived experience.** A great example that **recovery is possible.**”

“The **understanding** of the tutors was brilliant. I felt **seen, heard** and **understood.** Very **empowering.**”

MID WEST ARIES Modules

MENTAL HEALTH RECOVERY & WELL-BEING

6 workshops – 3 hours each - FREE

You are welcome to attend any or all six of the workshops in this series.

1. What is Recovery?

This workshop explores different views on recovery. We will discuss the factors involved in recovery, barriers to recovery and ways to overcome them. By the end of this session, you will have examined what recovery means to you.

2. Understanding Mental Health Services

This workshop provides a broad understanding of the structure and functions of the adult mental health services. We examine the roles of people working in the services and other services that are available. We will also discuss challenges and plan how to get the best from the mental health services.

3. Advocacy and Empowerment

In this session we will reflect on what empowerment means from different perspectives. We will examine our understanding of the concepts of advocacy and empowerment in mental health and explore ways to apply them in our lives.

4. Diagnosis and Beyond

This workshop provides information about diagnosis and treatment in mental health. We will explore what it's like to be diagnosed and examine what diagnosis means for recovery - "I am more than my diagnosis".

5. C.H.I.M.E

(Connectedness, Hope, Identity, Meaning and Empowerment)

In this workshop we will look at the five common processes that people with mental health challenges consider essential for recovery to occur in their lives. We will discover how we can use C.H.I.M.E in our lives to promote recovery and well-being.

6. Maintaining Recovery, What Next?

In this session we explore ways to support ourselves and others in recovery. We reflect on how we can build resilience in different areas of our lives to maintain well-being.

MID WEST ARIES Modules



LIVING WELL WITH ANXIETY

4 workshops – 3 hours each - FREE

Anxiety is something we can all experience at different times in our lives. These four workshops explore what anxiety is, how we respond to it and what we can do to manage our anxiety and to support ourselves and others. You are welcome to attend any or all four of the workshops in this series.

1. What is Anxiety?

This workshop examines your understanding of anxiety, the different types of anxiety and what causes it.

2. Responses to Anxiety

This workshop looks at our responses to anxiety and how it affects people in different ways. It also includes a personal account of recovery.

3. Anxiety – what to do?

In this workshop we will discuss and discover different supports and treatments for anxiety. We will explore examples of self-care and identify ways of supporting someone with anxiety.

4. Tips and Tools for Managing Anxiety

This workshop provides a space for learners to develop individual tips and tools for managing anxiety and to consider a plan for maintaining well-being.

UNDERSTANDING ACUTE MENTAL HEALTH SERVICES FOR FAMILY, CARERS AND SUPPORTERS

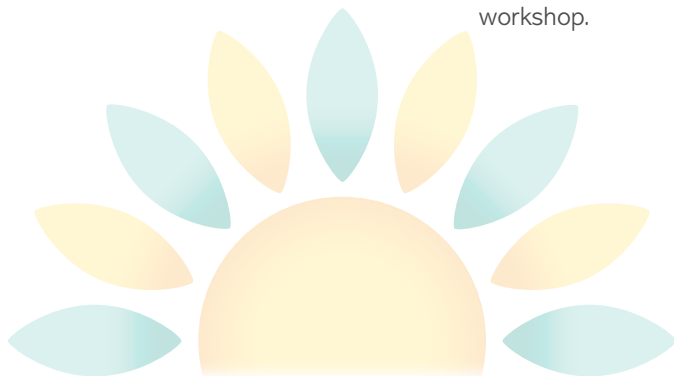
1 workshop – 2 hours each - FREE

This workshop outlines what family members, carers and supporters can expect when a loved one is using the Acute Mental Health Services. We will explore the practical information that people need to know around medical terms, admissions, rights, communication, and treatment.

This includes practical tips for supporting yourself and your loved one.

Useful Information

- It is **FREE** to attend our courses.
- Our courses are for anyone (aged 18 and over) with an interest in mental health and well-being.
- You are welcome to contact us for more information (contact details are on the back page of this booklet).
- You can contact us to book a place.
- There are lots of opportunities to participate during our workshops. You can do as much or as little as you want.
- There are no formal entry requirements for any of our workshops and we don't ask you to take notes, read or speak out loud in a session unless you are comfortable to do so.
- Courses offer a range of different skills and tools. You are encouraged to use what you have learned but there are no tests, exams or homework assigned.
- A certificate of attendance will be provided to learners who complete a course.
- Everyone who attends a workshop will be thought of as a learner – no-one is labelled as a service user, family member, carer or professional – we all bring our experience to the room.
- You are welcome to attend any or all of the workshops on any of our courses.
- You can bring someone with you if you want.
- We provide tea and coffee at each workshop.



How Can You Get Involved?

You can enjoy Mid West ARIES as a **Student** (attending courses), **Co-Producer** (creating material), or **Co-Facilitator** (delivering courses).

Find out more and sign up by visiting www.hse.ie/mwaries where you can download an Application Form/Expression of Interest Form.

Or please feel free to contact Mike or Eileen if you are interested in being kept up to date with our timetable.

Mid West ARIES workshops are not delivered in one location. Instead, courses are delivered in partner venues within communities across the Mid West. This means that Mid West ARIES will be coming to a venue near you!



SOME OF THE COMMUNITIES WE'VE WORKED WITH SO FAR



Recovery & Well-Being Education
in Mental Health

HSE Mid West
Community Healthcare

- Roscrea Community First
- Ennis Mental Health Association
- West Limerick Resources
- Tipperary County Council Library Services
- Healthy Ireland at your Library
- Our Lady of Lourdes Community Services Group
- Kilrush Community Centre
- Tar Isteach, Thurles
- Lisdoonvarna Fáilte Ltd
- Ballyhoura Development
- Le Chéile
- Paul Partnership
- Southill Area Hub
- Samaritans



Mid West ARIES Community Development Core Values

Mid West ARIES partners with communities to implement the key values and associated knowledge, skills and qualities required for the practice of effective community development work.

1. Collectivity

Mid West ARIES supports the rights of communities to be involved in planning and taking action for change and will work collectively with service users, family members, carers and staff to remove barriers to participation.

2. Community Empowerment

Mid West ARIES respects, values and enhances people's ability to have control over their lives. They will be involved in decision-making processes. Mid West ARIES hope to contribute to increased confidence and capacity by advancing people's skills, experience and potential.

3. Social Justice and Sustainable Development

Through co-production, Mid West ARIES challenges inequality and social exclusion. Mid West ARIES values the voice of the individual and recognises the importance of diversity within groups.

4. Human Rights, Equality and Anti-discrimination

Using a human rights, equality and anti-discrimination approach to community work, Mid West ARIES challenges oppression, stereotyping and prejudice.

5. Participation

Mid West ARIES recognises that everyone has a valuable contribution to make and community members can join at the level they feel comfortable at: co-producing courses, co-facilitating courses, or attending courses.

The people of the Mid West are integral to the decision-making, evaluation, provision, participation and direction setting of Mid West ARIES as an organisation.



ALL COURSES ARE FREE

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