



Seminar: Connecting for Life Mid West: Are We Connected?

Venue: Thomond Park

Date: Thursday November 29th

Time: 9.30 to 4pm

Outline of the Day

Registration from 8.45 am: *Register early to get your choice of workshops as we will have 300 participants*

9.30am Welcome of Participants: Master of Ceremony (MC) and Chimers Choir

Opening Address: HSE & NOSP

Setting the context: Mark Sparling, Mental Health HSE Mid-West (MC)

Connecting for Life Mid West 2017-2020 Progress to date: Mary Kennedy, Resource Officer for Suicide Prevention, HSE

Key note speaker: Dr Sharon Lambert, Dept. of Applied Psychology, UCC

Coffee

Workshops: These workshops will be run twice and attendees will have the opportunity to attend two on the day, while registering people will be asked to choose their preferences. See below

Lunch & Thomond Park Museum tour

Afternoon Panel Discussion

Theme: Continuing the Conversation and consider where do we go from here?

Closing of Seminar

Workshops What to expect?

Workshop title	Workshop content guide
<p>Connecting with Our Positive Selves'</p>	<p>Facilitator: John McElhinney, Mid-West Development Officer with Mental Health Ireland. Mental Health Ireland</p> <p>Outline: Love them or loathe them, instruction manuals are a necessity in modern living. But, do you bother to take the time to read them or do you just muddle through, hoping to get there in the end.</p> <p>The aim of this interactive workshop is to produce an 'Instruction Manual' to help us connect with our mental health and assist us in our daily living, recognising and dealing with challenges along the way. The resource we produce here will feed into this afternoon's discussion and will also be circulated after today's event.</p>
<p>The WRAP Connection</p>	<p>Facilitator: PAUL Partnership</p> <p>Outline: Wellness Recovery Action Planning (WRAP®) is a self-designed tool that helps all of us to pay attention to our wellbeing. It's a really simple way to manage our day to day stresses. It was originally created by people with mental health challenges to manage personal circumstances and the physical strains that can come alongside it. Now we know that it can be applied to multiple challenges, for example, smoking cessation, losing weight and dealing with life experiences like bereavement. And believe it or not it is an evidence-based practice! This workshop will introduce you to the parts of WRAP and the reason it works on an interactive basis - sharing our human experiences!</p>
<p>Connecting with Services and Supports in the Mid West</p>	<p>Co-Facilitators: Dr Sharon Lambert, Dept. of Applied Psychology, UCC & Darina Greene, Clare Local Development Company, supported by HSE Mid West Community Healthcare</p> <p>Outline: Whether you are a Service User, a Family Member /Supporter, a Volunteer or a Professional, navigating the range of supports and services provided by the all of the different organisations and agencies in the Mid West can be challenging. The appropriate route to help may be difficult to negotiate and can sometimes lead to frustration for all involved.</p> <p>This workshop will explore the journeys people take to improve their mental health/understand who does what, when and where and access support when needed. This workshop will explore first steps to services, referral pathways and discuss support options within the statutory and community sector.</p>
<p>Connected the Youth Voice: the power of youth participation</p>	<p>Co-Facilitators : Dr Cian Aherne, Jigsaw Limerick Clinical Coordinator and the Youth Advisory Panel (YAP) Members</p> <p>Outline: How involving young people can address issues of quality and access in mental health service delivery. <i>"The Youth Advisory Panel acts as our compass for when we are unsure about how to deliver, design and communicate about what we do and why we do it."</i></p> <p>- Jigsaw Staff Member. Young people know what works for them better than anyone else, they have a right to be consulted with respect to policies/issues affecting them thereby leading to supports and services young people are more likely to use.</p>

<p>The Story Exchange: New ways to connect</p>	<p>Co-Facilitators : Narrative 4, Mary Kennedy Resource Officer for Suicide Prevention HSE, Marie O’Flynn HSE and Representatives of the Connecting for Life Priority groups</p> <p>Outline: Stories we all have them, happy stories, sad stories and everything in between. This workshop will help you tell your own story in a new and empowering way. <i>“Narrative 4 is a not for profit who equip people to use their own stories to build empathy , shatter stereotypes, breakdown barriers and ultimately make the world a better place”</i></p>
<p>Connecting with Hope: Recovery Education, Engagement & Empowerment</p>	<p>Co-Facilitators : Mike O’Neill and Eileen Cunningham Education Training & Development Officers with Mid West Aries and Aoife Boland HSE Mental Health Engagement Lead</p> <p>Outline: ARIES (Advancing Recovery in Ireland Education Service) delivers recovery education across the Mid West. It provides the region with an inspirational and inclusive educational programme on recovery and well-being in mental health. Through co-production and the use of the personal narrative, it inspires hope for those with lived experience, family members/carers and staff working within the services.</p> <p>Mental Health Engagement moves from words to actions towards a better experience of mental health. It inspires hope through the process of finding common ground and acknowledging the shared experiences of all. Using a partnership approach, it involves people in bringing about change in HSE mental health services.</p>