



Connecting for Life
Mid West

Slido Questions and Answers Document
CfL MW Conference
November 27th 2018

	Question text
	Local Mental Health Services
	CAMHS
	Questions
20	<p>The biggest issue amongst parents of Children and Adolescents is the shortage of staff in CAMHS which is virtually not fit for purpose. Address this</p> <p>Similar to all other Mental Health Services within the HSE, staffing levels in CAMHS are based on achieving 75% of the staffing levels recommended by Vision for Change (VFC). Every effort is made to expedite the filling of vacant positions. However recruitment of suitably qualified and experienced staff has proven to be very difficult on occasion, particularly for absences on leave e.g. maternity leave and periods of extended sick leave.</p>
27	<p>Please address impact of diagnosis of chronic illness (<i>mental health</i>) for youth, treatment plans and the effects of meds on mental health. Where is connectedness in support?</p> <p><i>Support for young people is available through the following Connecting for Life Mid West Partners & other services</i></p> <ol style="list-style-type: none"> 1. <i>Clinicians in Child and Adolescent Mental Health Services (CAMHS) 0-18 years</i> 2. <i>Adult Mental Health Services, 18+</i> 3. <i>Youth Services (Limerick Youth Services, Clare Youth Services and Youth Work Ireland Tipperary)</i> 4. <i>Jigsaw Limerick</i> 5. <i>Student Support Services in the Third Level Sector</i> 6. <i>NEPS</i> 7. <i>Blue Box Creative Arts Therapy Centre</i> 8. <i>Pieta House</i> 9. <i>Childrens Grief Centre</i> 10. <i>Child and Family Psychology Services</i> <ul style="list-style-type: none"> • <i>HSE Community Care Psychology Ennis</i> • <i>HSE Child and Family Centre St Camillus Limerick</i> • <i>North Tipperary Child and Family Psychology Services</i>

33	Could we support CAMHS they are under serious pressure?
	Yes, implementation of the Standard Operational Procedure in place since June 2015 (CfL Mid West action 3.3.7.1)
59	Services for people 16 to 23.
	<i>See response to Q27</i>
85	CAMHS is not fit for purpose in the present model. Can CAMHS + Jigsaw not just sit-down and work together. It's our kids they should be working for.
	<i>While there sometimes an overlap CAMHS and Jigsaw have different responsibility i.e. CAMHS deal with moderate to severe mental illness and Jigsaw deal with mild to moderate mental health difficulties.</i>
103	Please stop the BS Out of hours Consultant in Limerick ye say. Where? CAMHS? This is not true. Read the stats for that service. How many have used it?
	CAMHS provide an Emergency Rota during the period 9 to 5 Monday to Friday in CAMHS premises throughout the region. CAMHS Consultants have provided a 24/7 out of hours on call service for the past 14 years. This is currently under review as the level of presentations to the ED at UHL requiring the attendance of a CAMHS Consultant out of hours during the last 3 years would indicate that the Emergency Rota 9 to 5 Monday to Friday addresses the majority of emergency presentations.
	Comments
36	CAMHS definitely not fit for purpose, a sticking plaster solution for a bandage problem
	<i>This service is well fit for purpose but there are increasing demands and in some cases long waiting lists</i>
Adult Mental Health Services	
1. 5B	
	Questions
93	Can 5B be renamed as too much stigma attached to the name? Even users of the service embarrassed by mention of attending to this unit?
111	Renaming the ward 5B doesn't de-stigmatize mental health....it's educating people on the role and purpose of the unit
2. 24/7	
	Questions
84	Where are we with 24x7 "A&E for those in mental health crisis"
	Development funding has been approved and recruitment is almost complete for an additional 6.5 WTE – 3 Nursing staff & 3 Social Work staff to enhance the provision of a 7/7 out of hours service in the region.
89	Could we not have a mental health specific attached to a psychiatry hospital or unit. It would take load off A+E departments 24/7 365 days a year
	Development funding has been approved and recruitment is almost complete for an additional 6.5 WTE – 3 Nursing staff & 3 Social Work staff to enhance the provision of a 7/7 out of hours service in the region.
113	We need to show vulnerable people that there is a way out without making it harder for them. Tell me how. What is there 24/7
	Development funding has been approved and recruitment is almost complete for an additional 6.5 WTE – 3 Nursing staff & 3 Social Work staff to enhance the provision of a 7/7 out of hours service in the region.

3. Day Hospitals	
Questions	
11	Why are staffing levels of doctors still so poor in day hospitals with patients being seen by a different doctor every visit with no continuity for the patient
35	The mental health system is riddled with DELAYING tactics. There in is the big issue. Hire the professionals needed NOW
	Staffing levels are based on the recommendations of VFC and the approved funding. There is a worldwide shortage of Consultant Psychiatrists and also NCHD staff. The Mid West has been relatively successful in recent times in filling approved posts. However the service is Consultant led and requires significant inputs from NCHD staff who are in training. The training for NCHDs necessitates Doctors getting a broad level of experience which results in the Doctors having to participate in training assignments throughout the country. Accordingly, many NCHDs "rotate" to other positions every 6/12 months.
108	Why are the day hospital's structured so that you are met with a psychiatrist on your first visit and asked are you suicidal? And if you say yes, you get meds
	It is difficult to comment on an individual comment like this but it is my understanding that the prescribing of medication by a Medical Practitioner is based on a full assessment/examination.
4. Access to Services	
Comments	
47	To connect for life we need to commit to a robust IT system to ensure service users are not lost to the service
50	While we have all these services and talking about the plan. But you need a referral for this and that. Action required immediately should be implemented.
52	Goals are fantastic but the reality is our crisis services are in crisis! People in extreme need are being sent away as they are not deemed "suicidal enough".
55	What about requiring referrals, ensuring it's too late in some cases
76	Some professionals are not singing off same hymn sheet - treatment may be bit of pot luck depending who you see
94	Changes to Mental Health law required to give front line services a more user friendly mechanism/ pathway to manage those coming to their attention
95	What does the panel think about waiting lists because someone in crisis may not be able to wait for months even years for a service?
105	We are not doing enough when service users disengage. We need a clear protocol around this.
5. Psychiatry	
Questions	
25	What happens when medical model for mental health is not working and nothing else available
	Vague question.
99	Are we hearing from Psychiatry today???
100	Have psychiatrists connected here today??
104	Is there an elephant here? Psychiatry seems to lead MH services. Are they connecting for life?
Comments	
106	The services are consultant led not service led. We need to change
107	The mental service is built around the consultants and not the service users

6. Dual Diagnosis	
	Questions
102	Dual diagnosis- why not dual response?
	A National Clinical Programme on Dual Diagnosis has been established to develop policy relating to the delivery of services to this patient group.
	Comments
38	People experiencing Dual Diagnosis are often not getting access to the extremely needed Mental Health services they need due to their addiction. Change needed!
Funding	
	Questions
60	If you want to improve local services why cut the funds on the ones that are working well giving excellent help with suicide prevention through peer support.
	A peer support strategy is being developed as part of the work undertaken with funding provided under Round 2 of SRF. Developments in the area of Peer Support and Family Support are being focused on as a priority. Further information on this initiative will be provided shortly.
98	Can you address the issue of funding? Specifically, funding for additional frontline staff in all areas of service provision
	Mental Health Services are delivered on the basis of the funding available. Priority developments required are always subject to applications for funding.
	Comments
26	Small local organisations give support and help which is greater than their size. They need more support.
	Comments
13	Funding for more Counsellors
32	More low cost counsellors are needed for people who have no money to go . The waiting list for free and low cost is too long and we need to look at that
37	More free holistic therapy for people to use. In between waiting times of waiting to go to day centres
Jigsaw	
	Questions
53	Jigsaw in limerick, is restricted for limerick residents and students with limerick address , when will jigsaw service come to Clare and North Tipp
77	When will funds be available for a Tipperary Jigsaw project, so young people in Tipperary can connect with, a youth mental health service like their limerick
90	Any plan 2 expand jigsaw to Clare??
	The development of Jigsaw services for Co Tipperary has recently been approved by Minister Daly.

National Office for Suicide Prevention	
General NOSP Queries	
Questions	
24	<p>And there is the connection between big Pharma and mental health?</p> <p>The NSRF have in recent years conducted research in relation to specific drug types that are involved in intentional overdoses, for example:</p> <p>(Daly. C et al 2017) Available: https://academic.oup.com/eurpub/article/28/4/681/4930644 'Frequently used drug types and alcohol involvement in intentional drug overdoses in Ireland: a national registry study'</p> <p>(Daly. C et al 2018) Available: https://link.springer.com/article/10.1007%2Fs40261-017-0616-y 'Intentional Drug Overdose Involving Pregabalin and Gabapentin: Findings from the National Self-Harm Registry Ireland, 2007–2015' (Note this link only contains the 'Abstract' of the research. The NSRF should be able to provide you with the full article up on request).</p> <p>Whilst the NSRF does do not have information on industry trends, they are currently undertaking some national research into prescribing of antidepressants and drugs currently being used in intentional overdose.</p>
43	<p>More people die by Suicide than on the roads. We constantly see safety ads around road safety, never Suicide. Time to mainstream our prevention approach?</p> <p>As they are extremely different types of death, the comparison of number of deaths on the roads, with deaths by suicide, is not a valid one. We are not aware of any evidence that parallels the approaches or interventions required to reduce suicide deaths, with those required to reduce road deaths.</p> <p>Rather than a mainstream approach, suicide prevention efforts in Ireland, are based on the best national and international evidence in relation to suicide prevention strategies that are effective. Evidence shows that no single action will prevent suicide. It requires a coordinated journey - a combined number of strategies and targeted efforts in place at population-based, community-based and individual levels.</p> <p>Connecting for Life, Ireland's National Strategy to Reduce Suicide 2015-2020, places a strong emphasis on evaluation and research, and evidenced approaches. This strategy has adopted a broad public health approach, incorporating prevention interventions (targeted at the general population and population subgroups at high risk of suicidal behaviour) and treatment (targeted at those who are already vulnerable, e.g. having suicidal thoughts or engaging in self-harm).</p>
57	<p>Great to offer supportive training for people to build their capacity to respond. With ASIST and SafeTALK what are the longitudinal outcomes / impact of these?</p> <p>Statistics and information about the confidence/knowledge/awareness level of participants pre and post safeTALK, ASIST and Understanding Self Harm were gathered through pilot evaluations which can be found through the following link: https://www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/research-evaluation/evaluation-studies/</p>

Stigma	
	Questions
6	<p>Can we address the stigma that exists amongst some professionals and some parents in relation to mental health as a whole</p> <p>The reduction of mental health stigma is an important objective of Connecting for Life, Ireland’s National Strategy to Reduce Suicide 2015 – 2010. In particular, action 1.3.1 is to “deliver campaigns that reduce stigma to those with mental health difficulties and suicidal behaviour in the whole population and self-stigma among priority groups”.</p> <p>The HSE NOSP continues to invest in the work of SeeChange and the Green Ribbon Campaign whose aim is to address stigma through a variety of initiatives. Strands of this work include general population campaigns, lived-experience ambassador programmes, workplace programmes, media monitoring and reporting.</p> <p>In the first instance, targeted stigma initiatives have been developed for priority groups as defined in the Connecting for Life strategy. A roadmap for the future of stigma reduction activities is currently in development (Q1 2019) and will consider more targeted needs, such as health service workers.</p> <p>Many other partners organisations and NGOs are supported by the HSE in more targeted awareness and stigma reduction campaigns and initiatives. For example, First Fortnight, BeLonGTo, USI.</p> <p>Aside from CfL-related activities, mental health stigma reduction is now also a significant feature in other recent strategies and plans, such as;</p> <ul style="list-style-type: none"> - The Youth Mental Health Taskforce Report 2017 - The LGBTI+ National Youth Strategy 2018-2020 - National Traveller and Roma Inclusion Strategy 2017-2021 <p>Training promoting recovery principles to staff is also taking place.</p>
	Comments
96	Too many people use the word labelling. The stigma is ignorance based
Trauma Informed Care	
	Comments
63	All services need trauma informed training to allow professional deal better with their clients
64	Trauma informed therapy (Ace’s) is practiced in Blue Box Creative Arts Therapy Centre, it’s still not understood fully by government yet!!
67	Trauma can be disguised in so many ways. But systematic ignorance does not help
110	Trauma Informed Care Training is invaluable training for people working in front line services #Novas #TIC
	Adverse Childhood Experiences (ACEs) and Trauma Informed Services are emerging as good practice internationally and nationally for service providers. MHS do not have a defined model of implementation in the context of ACEs or Trauma Informed Services. It is envisaged that the current group responsible for the “Refresh of Vision for Change” will consider this as part of their deliberations.

Connecting for Life	
Hope/Loneliness	
Questions	
22	<p>What have ye done about rural isolation?</p> <p>There are a number of actions in Cfl Mid West which focus on rural isolation and here are an example of three:</p> <ul style="list-style-type: none"> • 2.3.3.15 'Using Farmer information Sessions to promote positive mental health' • 3.1.3.30 'Implementing the Social Farming project' • 3.1.3.38 'Extend Men's Shed to more rural settings'
39	<p>What about social inequality? Where does that come into connecting for life actions? The strongest determinant of societal mental health.</p> <p>In the development of Connecting for Life Mid West it was recognised that there are particular demographic groups that have consistently been shown by both national and international research evidence to have increased risk of suicidal behaviour. We call these Priority Groups. There are 59 actions for 11 Priority Groups included under Goal 3 <i>To target approaches to reduce suicidal behaviour and improve mental health among priority groups</i> including actions for :</p> <ul style="list-style-type: none"> • The Traveller Community • People with Mental Health Issues • People with Drug and Alcohol issues • Young People • Refugees Asylum Seekers and Migrants and many more.
56	<p>Why can't the connecting for life strategy understand that distress does not fit into 9 to 5</p> <p>This is a valid concern and under Cfl Mid West there are a number of actions that concentrate on providing up to date information on services that offer 'out of hours' services alongside '9am to 5pm' services ,an example of this is the Updated poster 'Distressed or Suicidal', the '4 Service wallet card' and the www.yourmentalhealth.ie which is updated continually.</p>
72	<p>Is there anyone actually doing anything about the root cause? E.g.. Pressure in the workplace, bullying work and school.</p> <p>There are many national and local initiatives that are contained within Connecting for Life Mid West that address root causes including these examples</p> <p>1.1.3.1 The population wide approach of the Littlethings Campaign which is an evidenced based campaign which focuses on the little things that we can all do to protect our own mental health, and support the people we care about. https://www2.hse.ie/services/campaigns/littlethings/about-littlethings.html</p> <p>3.3.4.1 Actively support primary and post primary schools to stand up and take action on Anti Bullying week each November. https://www.antibullyingcampaign.ie/</p> <p>3.1.6.2 Deliver the 'Five-a-day' mental wellbeing and the 'Cyber Safety' programmes, delivered through Youth Services</p> <p>3.1.6.1 Build the capacity of persons who work or volunteer with young people through the delivery of 'Minding Youth Mental Health' and 'Understanding Youth Mental Health' Programmes delivered by Jigsaw</p>
86	<p>Does the panel think loneliness and hope are at the core of mental health issues? How we connect for life?</p> <p>It is well documented that people who isolated and withdrawn from friends family and community have increased risk of engaging in suicidal behaviour. Having good relationships and being connected in positive ways to other people supports maintenance of positive mental wellbeing and recovery. Hope and optimism are widely acknowledged as protective factors against engaging in suicidal behaviour and again are key to recovery symbolised by the belief that a better life is both possible and attainable. For more information see https://www.healthpromotion.ie/hp-files/docs/HSP00637.pdf</p> <p>For more information read about the CHIME framework (Connectedness, Hope, Identity, Meaning, Empowerment) at</p>

	https://www.google.ie/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&ved=2ahUKEwifqNyavvTfAhVtShUIHZ_ZC7EQFjAAegQICBAC&url=https%3A%2F%2Fwww.hse.ie%2Feng%2Fservices%2Flist%2F4%2Fmental-health-services%2Fadvancingrecoveryireland%2Fcoverycolleges%2Fmwaries%2Fchime-presentation.pptx&usq=AOvVaw1C-rylVQgCqAvorNLTQ0hR
92	Why do we wait until people are in DISTRESS before we begin to teach the skills to DESTRESS. ?. early education is essential to the process
	<p>There are a variety of evidence based programmes available free of charge throughout the Mid West and facilitated by Connecting for Life Mid West Partners including</p> <ul style="list-style-type: none"> • Mind You Mental Health • ARIES (Advancing Recovery in Ireland Education Service). Mental Health Recovery & Well-Being Workshops • The Wellbeing Programme • WRAP (Wellness Recovery Action Plan) • Mental Health First Aid <p>Many more can be found on www.yourmentalhealth.ie</p>
	Comments
7	Hope ... hold on pain ends?
10	Hope is one thing, Action is another
19	Connecting for life is extremely helpful. A person's lifespan is from birth until elder. We are all humans and connection with each other is so valuable
91	So many voices. So many opinions. So many experts. But unless they talk to each other what hope have our kids got. Unity works
44	Isolation especially in rural areas needs to be addressed need more support and infrastructure. Leaving it to volunteers is not enough
	Action Plan/Communication re Actions
	Questions
41	These are great actions but i don't see how they help achieve goal 1 "better understanding of suicidal behaviour" can you please explain how they help achieve goal1?
	<p>Here is how the actions help achieve Goal 1: To improve the nation's understanding of, and attitudes to suicidal behaviour, mental health and wellbeing. The eleven actions in Goal 1 focus of increasing awareness in the general population and the priority groups of on what actions and activities promote and protect and protect our mental health based on the fact that 1 in 4 of us will experience a mental health difficulty at some time in our lives and all of us will experience dips in our mental health. If we have an understanding of the promoters and protectors we are more likely to use them to improve our mental health and wellbeing. Some local partners such as the Sports partnerships play a vital role in creating the conditions locally to increase physical activity and work also to increase our awareness of the physical activity and wellbeing in general population and thereby increase wellbeing and as such are a key component in Goal 1.</p> <p>Knowing what to do is important but knowing where to go for information, help and support is a central part of increasing our understanding and as such there are four actions concentrating on these themes. These include not only providing information suitable for the general public but also providing information to groups that require special assistance. Activities across the Mid West during Mental Health Week each year in October contribute to improving understanding by providing mainly free of charge a programme of educational, informative and practical workshops on mental health themes and issues aimed at the general public beside taster workshops of activities that support positive mental health.</p> <p>Alongside these Goal 1 incorporates an action on reducing stigma currently through the promotion of the green ribbon campaign, a nationwide campaign each may. By promoting and wearing a green ribbon we are creating opportunities to talk openly about mental health thereby improving our collective understanding.</p> <p>Many people rely on the media for information on mental health and wellbeing and it is an essential component of daily life in Ireland and as such it is important that we are working with the media to ensure that they have the best possible up to date information to assist in accurate reporting, promotion of positive, helpful messaging and provision of information.</p>

	No one action on its own will achieve the improvement in the understanding of, and attitudes to suicidal behaviour, mental health and wellbeing in the Mid West but we are hopeful that the combination of actions here and the synergy they create will significantly contribute to this goal.
46	Stats Stats Stats Great. All past based. What about present and FUTURE?
	<p>Suicide figures are collected nationally by the Central Statistics Office (CSO). When a person dies by suicide, their death is recorded in the statistics of their actual county of residence. While it can be helpful to know the number of people who died locally from a given cause, it is not helpful to compare the numbers of deaths between counties, due to differences in population sizes. It can also take time for provisional suicide rates to be finalised and there can be significant differences between provisional and finalised rates.</p> <p>With regard to the present and future, our local and national aim is reduce the suicide rate and the rate of presentations of self-harm in the whole population of the Mid West and amongst specified priority groups (specific groups of people who are more vulnerable to suicide) but this will take time to measure our achievement .In the meantime we are continually monitoring the progress of the 124 actions in CfL Mid West 2017-2020 and currently we are 37% complete.</p>
48	Have these goals been reached? Are these goals reachable?
	See response to 46
51	All this information and work is positive but why is it not shared?
	<p>Currently we share information quarterly with all CfL Mid West Partners who are then in a position to share this this information widely. The purpose of the conference was to connect and share also.</p> <p>For anyone who wants to follow our progress please se www.connectingforlifemidwest.ie</p>
54	Is the UL research published and accessible?
	<p><u>Researcher 1: Audrey Galvin:</u></p> <p>I have presented at a number of conferences since November 2017 and most recently a journal article which I co authored has been published in Critical Discourse Studies, entitled “Her name was Clodagh: Twitter and the news discourse of murder suicide” Critical Discourse Studies, DOI: 10.1080/17405904.2019.1568896</p> <p>Audrey adds “I am now in the methodology stage of my PhD which involves coding newspaper articles and interviewing journalists about how they constructed stories of murder-suicide. I aim to finish by 2020.”</p> <p><u>Researcher 2: Orla Muldoon:</u></p> <p>Kearns, M., Muldoon, O. T., Msetfi, R. M., & Surgenor, P. W. (2018). Identification Reduces Stigma of Mental Ill-Health: A Community-Based Study. American journal of community psychology, 61(1-2), 229-239. Available here https://www.researchgate.net/profile/Michelle_Kearns/publication/321983361_Identification_Reduces_Stigma_of_Mental_Ill-Health_A_Community-Based_Study/links/5a4bb3f70f7e9b8284c2db47/Identification-Reduces-Stigma-of-Mental-Ill-Health-A-Community-Based-Study</p> <p>Kearns, M., Muldoon, O. T., Msetfi, R. M., & Surgenor, P. W. (2018). The impact of community-based mental health service provision on stigma and attitudes towards professional help-seeking. Journal of Mental Health, 1-7. Available here https://www.tandfonline.com/doi/full/10.1080/09638237.2018.1521928</p> <p>New report here https://www.irishexaminer.com/breakingnews/ireland/reduced-stigmmain-towns-with-pieta-house-886929.html</p> <p><u>Researcher 3: Paul Quinn</u></p>

	PhD student, Paul Quinn, completing a project looking at the outcome and experience of students undertaking the Resilience academy programme, which is a suicide prevention programme which aims to prevent suicide and is being run by Pieta House for second level students.
	Comments
8	Community groups should be applauded #connecting
73	Meeting so many colleagues who care about mental health is brilliant
74	Connected with so many colleagues today thanks to everyone who organized
70	I am really encouraged by Marys presentation on work to date across such a wide variety of disciplines, keep up the important work
88	Very proud of the progress of Connecting for Life and the hard work that has been done. We do need more grassroots connections.
109	Four people out of seven on the panel have been open about having mental health difficulties, I think that itself is a positive change in mental health services
	Engagement with Stakeholders
	Questions
30	Why are organisations not asked to participate in connecting for life .We have seen 100 % increase in distressed contacts comparable to 2017
	Connecting for Life Mid West is overseen by an Implementation Group which is drawn from 50 organisations from the public and community and voluntary sector. Our challenge is to continue to reach out and engage with organisations outside of that. Also see answer 51
40	Were there service users on the Connecting For Life forum? If so, what was their input? If not, why not?
	In the development of CfL Mid West a consultation process was held which included A Public Survey: consisting of both qualitative and quantitative questions, distributed online and in paper form and 1500 people answered this survey. 50% of the people who answered the survey identified themselves as either a mental health service user or the friend/family member of a service user.

	<p>A Service Providers Survey: consisting of both qualitative and quantitative questions, distributed widely online and 23 organisations completed this survey</p> <p>Postcards: were placed in all 8 Family Resource Centre's and three social welfare offices.103 postcards were returned.</p> <p>Focus Groups: all priority groups identified in the national Connecting for Life Strategy were identified for as appropriate and suitable for focus groups. 59 Focus groups were facilitated with 394 participants who were all people who accessed a variety of services.</p> <p>Currently, the Lead for Mental Health Engagement is a member of the CfL Implementation Group and represents the voice of the Mental Health Service User. As many of our partners are drawn from the Community and Voluntary Sector they are also able to bring the Service User perspective to the table.</p>
42	We are the first point contact 73% of weekly hours for the people in the Mid West .Yet we have not been invited to meetings or inclusion in the programme. ???
	See answer for Q30
61	Why do you not have LGBTQI on your list? underlying many completed and Attempted suicides is sexuality issues and internalised Homophobia
	LGBTQI were on the list of the 11priority groups on the presentation delivered by Mary Kennedy which provided an update on CFL Mid West. This priority group are directly reflected in the CfL Mid West with three specific actions and part of many more broader actions aimed at priority groups
80	Where is the service users input and feedback?
	See Q40
Other Themes	
Parents and Families	
	Questions
15	Does anyone know of a helpful program/ workshop/ speaker, willing to work with parents / guardians in the North Tipperary area?
	There are a number of programmes available including <ul style="list-style-type: none"> • Parenting Programmes are available through the North Tipperary Community Services Call Parenting Programme Coordinator 067 41924 • Tipperary CYPSC Information https://www.cypsc.ie/your-county-cypsc/tipperary.250.html • Local Office for Suicide Prevention Training Programme Information: Telephone: 061461454
17	Are there sports clubs included in plan as to benefit kids and adults mental health through connecting for life? A system like a buddy system?
	The three Sports Partnerships are all included in the CfL Mid West Plan and further details of their extensive programmes for all ages are available at: <ul style="list-style-type: none"> www.tipperarysports.ie/ www.claresports.ie/ www.limericksports.ie/
18	What type of training is available for parents to help them recognize signs of a child in trouble?
34	More information for parents and the general public as to where they can look for help for a son or daughter or friend that they feel is in difficulty
	A variety of programmes are available including <ul style="list-style-type: none"> • Jigsaw • Parents Plus Programme in Clare www.clarecare.....

- Parenting Programmes are available through the North Tipperary Community Services : Parenting Programme Coordinator 067 41924
- Limerick Social Services Council
- Local Family Resource Centres

Other helpful links include

Parentline 1980 927277 01 8733500

www.loveparenting.ie

www.reachout.com/parents

Recovery

Questions

28 **Where is the voice of the service users? Are we connected??**

Through the local Forums in Limerick, Clare and Tipperary, there has been the appointment of various people with lived experience on committees resulting in the embedding of the culture of co-production (between staff and service users in the service). With the involvement of various members, they are central to the design, delivery and evaluation of the Mental Health Services.

87 **Is there a difficulty engaging with the county and wider region, with mental wellbeing supports? How can we better support the Mid-West region?**

A Mid West Mental Health Promotion subgroup has been set up through Connecting for Life Mid West.

101 **You are talking about recovery...what are your thoughts on the unrecovery star? Peoples mh issues are rooted in society. It's not "services" fault?**

Unclear what question is asking.

Comments

23 Engagement is great .Action is critical

45 Peer support is vital but more peers need to be paid not just volunteers

Information

Questions

14 **Will we get copy of these slides?**

A link to the slides used at the CfL Mid West Conference will be available on www.connectinforlifemidwest.ie

16 **Our primary need is helpful/empowering language in managing and living well with anxiety?**

There are a number of supports available including

- **ARIES** (Advancing Recovery in Ireland Education Services) regularly run workshops on living well with anxiety throughout the mid west. Contact details 085 8768517
- **Mental Health Ireland** offers a workshop on Mind Your Mental Health and a variety of booklets including 'A Guide to living with Anxiety' and 'Manage and Reduce Stress'. Contact details 085 8768522
- www.yourmentalhealth.ie is a place to learn about mental health and how to support yourself and others. You can find information regarding support services near you on this website

29 **How do we connect easily with those who are not "connected" - not online, not on email, not on social media?**

	<p>Across the Mid West there are a variety of services community, voluntary and statutory linked into CfL Mid West that offer , support, information, face to face and group activities including</p> <ul style="list-style-type: none"> • Five Partnership Companies (PAUL Partnership, Clare Local Development Company and North Tipperary Leader Partnership, West Limerick Resources and Ballyhoura Development) • Eight Family Resource Centres • Three Mental Health Forums • 12 Mental Health Associations & 2 Peer Support Centres (Le Cheile , Limerick City and Lighthouse Kilrush Co Clare) • Mental Health Support Groups such as Grow ,Aware ,Shine • Local Groups such as Men’s Sheds
31	<p>Counselling is great but only when you connect with the counsellor what happens when you don’t. Especially if you don’t have the means of paying private</p> <p>There are a variety of counselling services available in the Mid West both public and private: Counselling in Primary Care service is for people with mild to moderate psychological difficulties. It is a short-term counselling service that provides up to 8 counselling sessions with a professionally qualified and accredited Counsellor/Therapist. It is a service for medical card holders, who are 18 years of age or over, and who want help with psychological problems that are appropriate for time limited counselling in primary care. https://www.hse.ie/eng/services/list/4/mental-health-services/counsellingpc/</p> <p>Free or low cost accredited counselling options can be sourced through https://www2.hse.ie/services/mental-health/services-search/</p> <p>There are many private Counsellors and Therapists across Ireland and to see a list of accredited counsellors in your area check the following: Psychological Society of Ireland (PSI) Irish Association for Counselling and Psychotherapy(IACP); Irish Council for Psychotherapy (ICP); Irish Association of Behavioural and Cognitive Psychotherapies (IABCP); Association for agency-based Counselling in Ireland (ACCI). (PSI) https://www.psychologicalsociety.ie/ (IACP) www.iacp.ie (ICP) www.psychotherapycouncil.ie (IABCP) www.iabcp.com (AACI) www.aaci.ie</p>
112	<p>Why do we have to complicate things? Should we not just get at first a general step by step layman's guide?</p> <p>There are many examples of step by step layman's guides and easy to access resources which outline how to access the Health Services in Ireland, how to get information on health and lifestyle topics and some examples include; www.yourmentalhealth.ie https://www.healthpromotion.ie/ https://www.hse.ie/eng/about/who/primarycare/socialinclusion/about-social-inclusion/translation-hub/multilingual-resources-and-translated-material/</p>
Local Communications	
	Questions
83	<p>Mike, where's first fortnight? JP</p> <p>This question was a test question and as such does not require a response.</p>

Sharon Lambert	
	<i>Comments</i>
62	What a speaker. Open. Honest. Uplifting
65	Sharon speaking such sense and stating the realities
66	SHARON LAMBERT LEGEND
68	Great speaker hitting so many valid points
69	Dr. Sharon Lambert, amazing speaker: engaging & captivating.
75	Sharon Lambert- excellent choice for key note speaker so much of her talk relevant beyond mental health
78	Loved Sharon's honesty. She named it.. now for action
82	Sharon lambert honest and true
97	Sharon Lambert is such real person and is realistic about the service that been provided and how they all need to connect together and it will be? % better
No response required	
1	What's the #HashTag for today's event?
2	#CFLMW
3	#CFLMW
4	Fruit scone or plain
5	#midwestaries
9	@commhealthmw
12	#litstudentcounselling
21	Would have been nice to see youth participation in this video. Our future
49	what time will the workshops begin? Will they run through lunch?
58	Sharon Lambert???
71	Sharon Lambert???
79	Am. Never mind Munster v Edinburgh. Will Galway bate mayo
81	L