

Study visit and mutual learning event **Mental Health**

25th & 26th June 2018

National Learning Network Kerry
Clash Industrial Estate, Tralee, Kerry (IRELAND)

DRAFT Programme

Background

Mental health is a growing public health concern due to the impact it has on those living with mental health difficulties, their relatives and the overall society. Mental health is essential to our overall health and it is interlinked with our physical health. A complex mix of personal and environment factors influence our mental health and life events and life stages, stress and discrimination influence our mental health. People with disabilities may have an increased risk of experiencing mental ill-health.

Following the proposal made at the Workshop for Directors in Milan and approved by the General Assembly in November 2017, EPR has created 6 working groups, including one focusing on Mental Health. Based on the inputs and ideas collected in the first online meeting among the members of the MH Working Group, EPR is organising, in collaboration with Rehab Group, an event to promote the exchange of good practices and identifying opportunities to cooperate on mental health-related issues relevant for all EPR members. To maximise the mutual learning experience for the participants and meeting colleagues from other countries, the event envisages a study visit of the relevant services of Rehab Group, including a centre visit/ presentation to NLN Kerry and presentations by Rehab Care Kerry.

There is no single definition of the concept of recovery for people with mental health conditions, but it is founded on the belief that it is possible for someone to regain a meaningful life, staying in control of one's life despite experiencing a mental health condition. "Putting recovery into action means focusing care on supporting recovery and building the resilience of people with mental health problems, not just on treating or managing their symptoms"¹.

For more information on mental health and wellbeing see:

- EPR video "What is mental well-being? What are the key factors influencing mental well-being?" (2015) [link](#)
- EPR e-learning module on co-production and mental health (2017) [link](#)

¹ <https://www.mentalhealth.org.uk/a-to-z/r/recovery>

Main topics

Based on the feedback of the MH Working group meeting, the main topics of this event are:

- Models of recovery/ wellbeing for people with mental health conditions;
- Engaging and educating key stakeholders in the health, social, and educational sector, including families, on both the models of recovery and evidence base for using the recovery approach;
- Outcomes measurement tools/ strategies to monitor the recovery progress
- Delivery of MH service in rural areas

Learning objectives

- Identify key elements and strategies to develop successful outreach strategies to engage key stakeholders in the recovery process
- Mutual learning with international colleagues
- Study visit and peer-learning
- Co-create and influence future EPR activities in the field of MH

Who is the event for?

The event is open to all EPR staff members working on mental health programmes and preferably related to the above mentioned topics. Participation of a limited number of attendees from non-EPR member organisations with valuable contribution to the event is considered.

In order to guarantee the quality of the exchange and the learning experience, participants should be at ease to follow conversations and be able to express themselves in English.

Agenda

DAY I: Monday, 25th June 2018

Morning session

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| 09:00 - 09:10 | Welcome and presentation of the event
<i>Mirko Miceli, EPR</i>
<i>Representative of Rehab Group</i> |
| 09:10 - 09:20 | Highlights from EPR Working Group on Mental Health
<i>Mirko Miceli, EPR</i> |
| 09:20 – 09:40 | Rehab Group in Kerry: structure, goals and the local context
<i>Representative of the NLN Kerry and/or Rehab Care Kerry</i> |
| 09:40 - 10:30 | Who are we?
<i>Presentation from international participants</i> |
| 10:30 – 10:45 | Coffee break |
| 10:45 - 12:45 | A journey through our services: NLN Kerry and Rehab Care Kerry |
| 12:45 – 13:45 | Lunch |

Afternoon session

13:45 – 14:15

What have we learnt?

Open session to share learning points of the study visit and making links with own work

14:15 – 15:45

Exploring models of recovery/wellbeing

Recovery Context Inventory

Donal McAnaney

Good practices from EPR members

15:45 – 16:00

Coffee break

16:00 – 16:45

Recovery models/ wellbeing: challenges in practice

Interactive session

16:45 – 17:00

Wrap up and conclusions of DAY 1

19:30

Joint Dinner (optional)

DAY 2: Tuesday, 26th June 2018

Morning session

09:00 - 09:10

Check-in session

09:10 – 10:30

How do we address the challenges?

10:30 – 11:00

Coffee break

11:00 – 12:00

Presentation and open discussion on the proposed solutions

12:00 – 12:15

What's next on Mental Health?

Sharing proposals on the EPR future work on MH and 2018 Annual Conference session

12:15 – 12:45

Check-out session

Take away, learning points and feedback on the meeting

12:45 – 13:30

Lunch and end of the event

The hosting organisation

The event is hosted by RehabGroup in the National Learning Network Kerry center.



NLN in Kerry provides a range of free courses to people who have had an accident, illness, injury or have a disability and extra support needs.

The courses are tailored to each student's needs, to help them to build their confidence while getting practical job-seeking skills to help them get a job or go on to further training. Courses in this Centre include:

Personal Mental Health Recovery in Practice (Focus): Focus is a community based rehabilitative training programme for people experiencing mental ill health. The programme aims to enhance their physical & mental well-being through personal development, community integration & vocational orientation. The course provides students with the skills necessary to enable them to gain greater independence and social integration and the confidence to plan ahead to further education, training and employment.

Applied Information Technology: this programme is designed to enable the students to develop the knowledge, skills and attributes necessary to obtain and retain employment in the private or public sector in an office environment or to progress to further training and/or education.

Catering & Culinary Skills: this programme is designed to enable the students to develop the knowledge and skills required to obtain & retain employment in the Catering and Hospitality Sector or alternatively progression to further training and education.

Rehabilitative Training (Directions): The aim of this programme is to provide students with Foundation Level Personal, Social and Work Related Skills enabling them to progress to greater levels of Independence and Community Integration. The programme also aims to support and facilitate participants to explore their Occupational and Vocational options and develop their potential skills to progress to Further Education, Training or Employment as appropriate.

Employer Based Training: Enables students to acquire practical skills with a Host Company in a skill area of their choice. The course is a combination of on-the-job and in-centre training. The EBT co-ordinator will support both the student and employer.

Introductory Skills Training: The programme is designed to enable the students to develop the knowledge, skills and attitudes necessary to make realistic vocational choices for training, or employment, based on their own needs and strengths. Use a range of Personal Effectiveness and Self-Advocacy Skills which will enable them to be assertive, to understand rights and make informed decisions.

Business & IT Studies (Home, Community & Centre Based Programme): The course aims to equip students with the skills and competencies in Information Technology needed to obtain employment or access further training. Supports are available including regular visits from the Distance Learning Instructor and regular centre meetings with fellow students. Employment placements form part of the programme. Skills are acquired in your own home on equipment supplied by the centre.

Retail Sales / Sporting Chance / Woodwork Multi Skills

Practicalities

Tralee is known as a lively town and can be found near the ocean, at the start of the Dingle Peninsula, which boasts dramatic cliffs, ancient ruins and glacial valleys.

A) Travel to Tralee

Arrival at Kerry Airport

NLN Kerry is located in Tralee.

The closet airport is the Kerry Airport – [website](#). Direct flight connections from/to Kerry Airport: Dublin; London Stanstead, London Luton, Faro, Alicante, Frankfurt Hahn and Berlin.

Tralee is located less than 30 minutes by **direct bus** from/to Kerry Airport – [timetable here](#).

Arrival at Shannon Airport

You can also arrive in Shannon Airport – [website](#).

From Shannon Airport, you will have to take a bus to Limerick and take the bus to Tralee – see [Bus Eireann](#) website for more details. The total journey from Shannon Airport to Tralee is around 3h.

Arrival at Cork Airport

You can also arrive in Cork Airport – [website](#).

From Shannon Airport, you will have to take a bus to Cork city and take the bus to Tralee – see [Bus Eireann](#) website for more details. The total journey from Cork Airport to Tralee is around 3h.

For alternative routes and more details, please visit the [GetThere.ie](#) website, where you will find more information about your travel arrangements inside Ireland.

B) Accommodation

EPR has pre-booked a limited number of rooms at:



The Ashe Hotel

Maine Street, Tralee, Co. Kerry

[Website](#)

70€/ night for single – 100€/ night double room
Breakfast included

Transport from/to hotel and venue will be arranged by EPR.

Registration

To register to this event, please contact Mirko Miceli at mmiceli@epr.eu before **15th June 2018**.

Should you need a room in the pre-booked hotel, please include your request in the email mentioning the needed overnights dates.