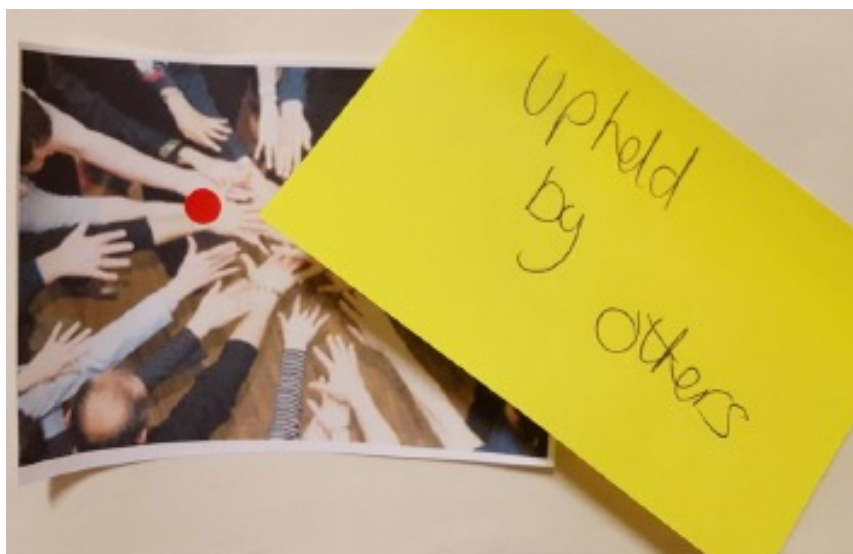
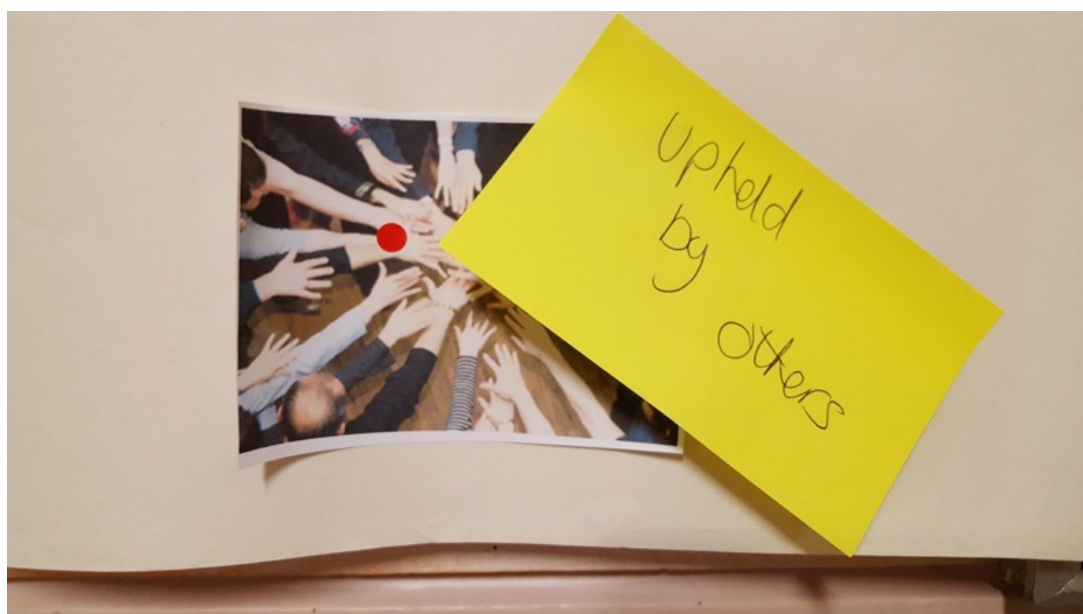


Creating and measuring mental health impact in communities using the CHIME framework



2

We all want to help!



Moray Wellbeing Hub

Shifting power to individuals and communities & improving Moray's 'Mental Wealth'

- ✓ Harnessing the power of life experience to inspire mentally healthy lives in Moray
- ✓ Empowering people in Moray to explore what works for them as individuals in wellbeing
 - ✓ Increasing access to wellbeing tools
 - ✓ Have the skills to deliver these in their communities

WELLNESS COLLEGE

Courses in wellness, community and citizenship

Living Life to the Full
Helping you to help yourself in Moray

Feeling **low, stressed out, depressed, worried, or out of control** ?

Living Life to the Full is a FREE self-help approach that provides all the tools you need for managing your own stress and low mood. You can access LLTTF workbooks and DVD's from your local library or to sign up for a community course contact moraylltff@gmail.com 07989 331651

for enjoyment
accessible art for all

SIPP: Suicide Prevention Skills

PARTNERSHIP

 Scotland's mental health



'Oiling' the community 'gears'



6

Session aims and outcomes

1. Describe what CHIME is
2. Understand how to express change using CHIME
3. Enjoy a supported 'safe space' to share challenges and devise solutions around CHIME framework
4. Increase confidence and skills in devising strength-based approaches to gathering data.

Group Agreement: CHIME

Connectedness: We support compassionate social interaction. Try to share your personal experiences, we all have mental health

Hope and optimism: focus on strengths and opportunities, not differences and problems, despite this challenging time

Identity: everyone has a voice, don't dominate discussion or expect others to ask your opinion. We avoid stigmatising or terms that may cause offence.

Meaning: When conversation wanders off topic the facilitator supports refocusing.

Empowerment:

- If there is need for support we share this, being mindful of confidentiality.
- Take notes of key things to feedback to help us improve and give you more information

Who's in the room?

Going round the room, please share with us...

your name

your role

where you are joining us from
(locality & room)

One interesting thing you can see around you

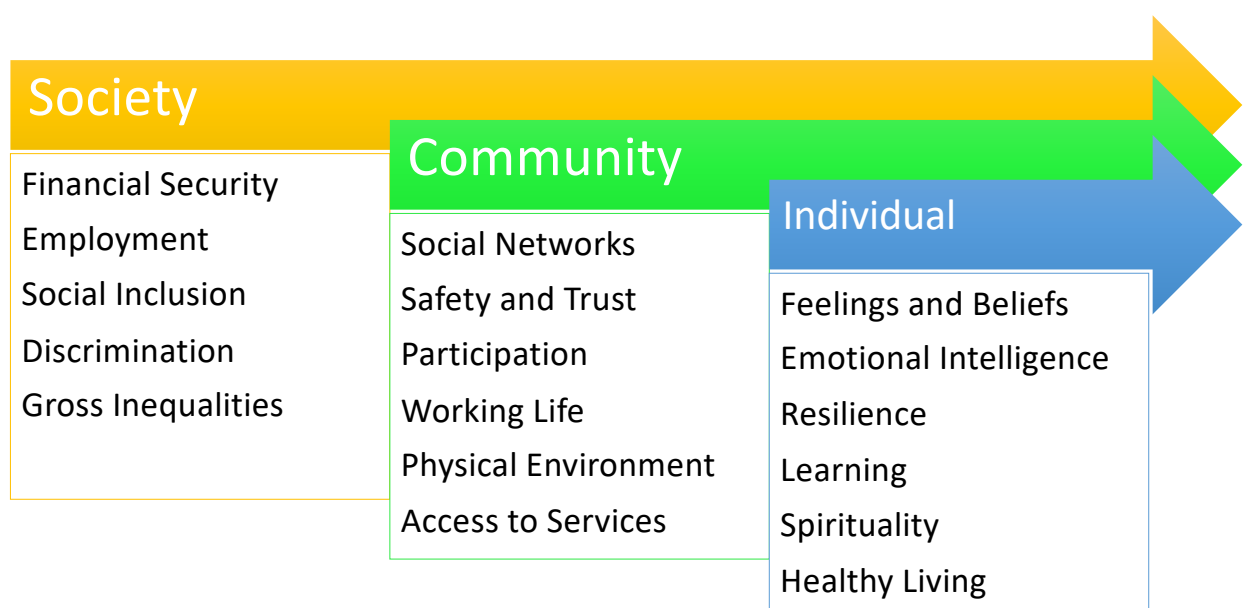
Mental health is...

...a state of well-being in which the individual realises his or her abilities, can cope with the normal stresses of life, **can work productively and fruitfully**, and **is able to make a contribution to his or her community**

(WHO,2014)

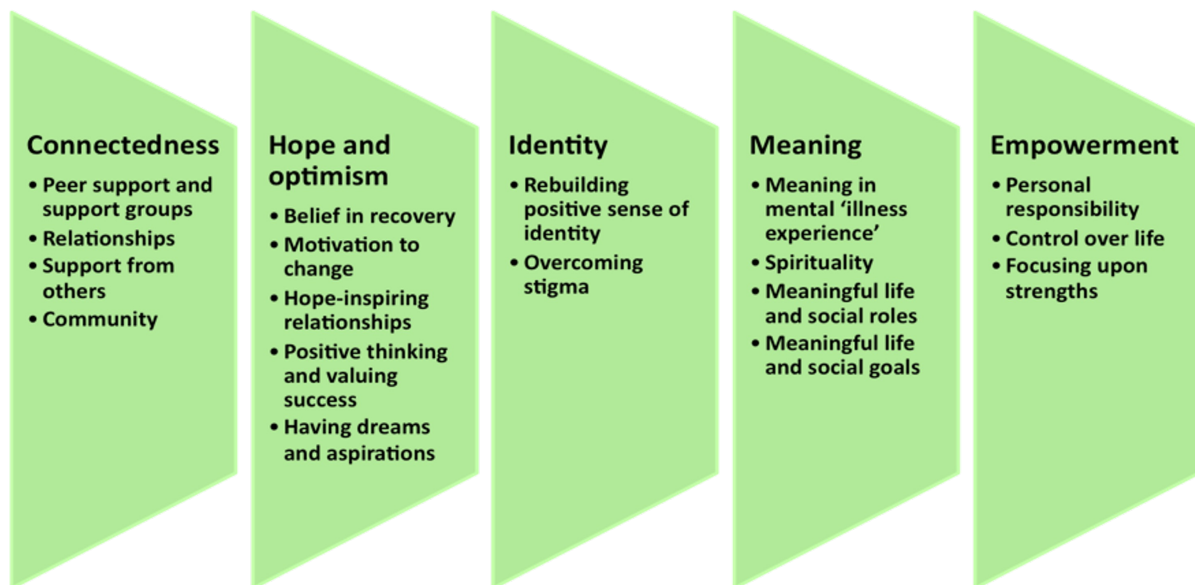
"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

Influences on Mental Health In Scotland



CHIME:

Connectedness, Hope, Identity, Meaning & Empowerment



Leamy, M., Bird, V.J., Le Boutillier, C., Williams, J. & Slade, M. (2011) A conceptual framework for personal recovery in mental health: systematic review and narrative synthesis. *British Journal of Psychiatry*, 199:445-452 <http://www.researchintorecovery.com/>

Overcoming wellbeing challenges =
Journey of recovery

Studies show that there are common themes

Its is an **individual** and **unique** process:

- Varies from person to person, but often has key themes
- Journey toward wellbeing, rather than an end point
- Self-management - For some it is a life without symptoms of health issues, others symptoms continue
- About recognising choice; people moving forward, achieving hopes and dreams

What is recovery? SRN film



A Scotland where mental health
recovery is a reality for all



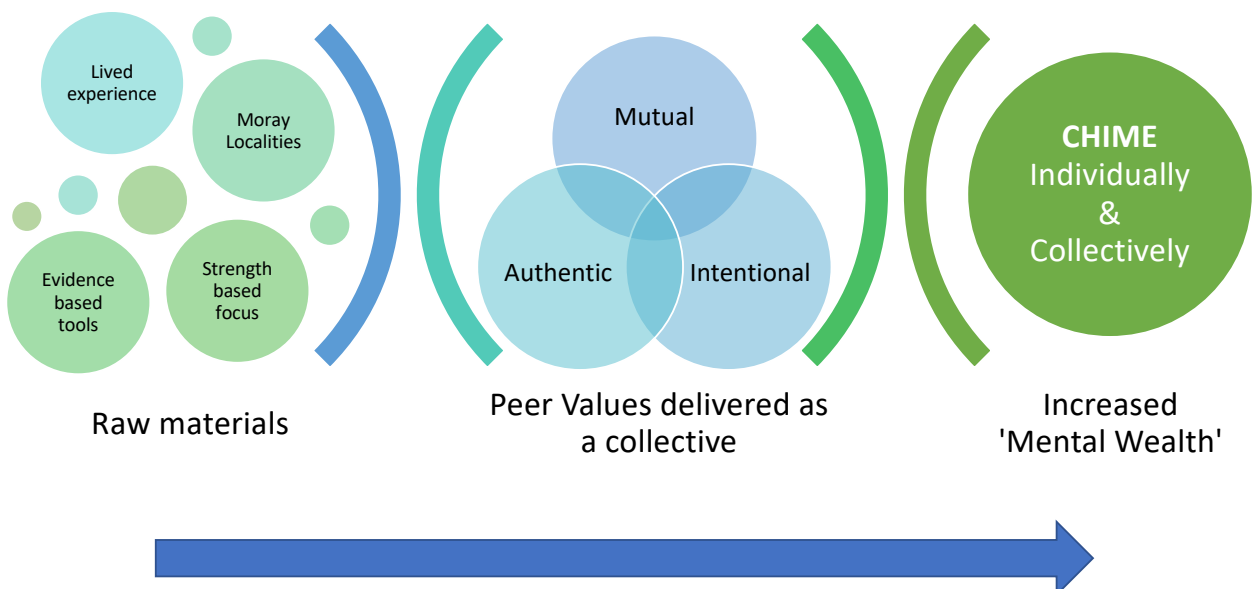
Time to reflect



In what ways can you relate the recovery principles and the CHIME framework to your role?

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Creating CHIME through peer-values collectively



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Make Recovery Real in Moray...today!

*Creating change need not be a massive commitment,
we can all make a difference with these small steps & top tips.*

Making
recovery
real
in Moray

- | | |
|-----------------|---|
| Connectedness | Include others as partners in your ideas, projects or service. Recognise the extra time as well as extra benefits to true coproduction. |
| Hope & optimism | Help celebrate what is happening already - share events, ideas and resources through word of mouth, flyers or online. |
| Identity | Consider your own mental health, visibly live CHIME, be authentic with others by asking for support. |
| Meaning | Get involved making change that matters to you. Be proactive in campaigns, join a local forum, become a Champion (ideas overleaf). |
| Empowerment | Learn more about what works and is available for good mental health. Attend training and personal development to improve your skills. |

DISCOVER PATHWAYS TO WELLBEING Moray



Mental Health Pathways



Mental Health Pathways in
Moray for Children, Young
People and Families



Connected Families Pathways



From Harmful to Helpful
Behaviours Pathways



Neurodiversity Pathways

Welcome to Discover Pathways to Wellbeing in Moray!

This space is designed to help you find the support you need, when you need it. All the tools featured here focus on increasing CHIME*.

Which tool should I use?

There is no wrong door, the choices are mindfully selected to hopefully minimise you being overwhelmed. Some will suggest the same or similar resources, a website or service might help both young and older people for example; it's ok to arrive there by any route.

How to use?

Simply click on the tool that most aligns with how you describe your current need or how you define yourself.

It's not working, I want to feedback!

This site is hosted and maintained by Moray Wellbeing Hub. Please [contact us](#) to let us know how we can improve or support you to use the tools.



Mental Health Pathways in Moray for Children, Young People & Families



CHIME

Learning together agreement

Connectedness: support compassionate social interaction

Hope and optimism: focus on strengths and opportunities

Identity: everyone has a voice

Meaning: take notes of key things for yourself

Empowerment: Mute when not contributing
Use chat if issues arise.. Or wave!

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CHIME check for mental health

1. Encourage **Connection** to their key people
2. Listen for strengths to reflect back **Hope & optimism**
3. Relate through your **Identity** as a peer
4. check levels of **Meaning** in life, ask about suicide
5. Support **Empowerment** with self-care signposting



If an emergency do as you would with any health issue and call 999

Time to reflect



How might you use CHIME within activity delivery and design?

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Evaluation and monitoring

Outcomes :

Changes or differences we aim for through our delivery

Example:

Increased connection

Indicators:

Things we measure to understand if we are achieving the outcomes

Attendance at an event

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MWH CHIME Evaluation Framework



MWH CHIME Outcome	Example Indicators
Connectedness: Connectivity with community resources	Increased attendance at local group or training. Increased access or knowledge in self-management tools. Increased ability to accept support from others Increased partnerships that include lived experience.
Hope: Optimistic view of the future	Increased sense that change is possible / willingness or desire to change. Increase in positivity or optimism, i.e. around life stage and family connection, looking forward to events, that recovery in mental health is possible. Increased sense that coproduction is key (partners).
Identity: Ability to celebrate strengths	Increase in self-definition beyond illness or role. Increased ability to use my life experiences to inspire others. Increased confidence in personal abilities. / Ability to give support to others. Increased sense of wellbeing. Increase in visibility of partners' peer experiences.
Meaning: Involvement with civic life	Increase in volunteers as Community Connectors. Increase ability to take action and make a difference in my community. i.e. sense of meaningful contribution to peer-research, knowledge in mental health. Increased sense of control and ability to make decisions about the future. Increased positive relationship with education. Increase in access to Community Connectors.
Empowerment: Skills in self-management and self-advocacy	Increase in ability to use specific tools or approaches to self-manage. Increase in ability to contribute to groups Increase in sense of knowing myself and what I need in life Increase in lived-experience voice in local planning.

MWH CHIME Reflective tool



Use the information above on outcomes and indicators to help you complete the following	
Was this activity successful and how do I know?	
What did others gain from this?	
What did I gain from this?	
Golden quotes showing CHIME or other short feedback from beneficiaries.	<p>Include the element of CHIME you feel this quote expresses. You can also include any short case study here.</p> <p>This might come from post-its, Zoom chat, overheard comments etc</p>

Date:

Class/group:

Age: (young people only)

**Moray Wellbeing Hub: Reflection sheet SHORT
PRE-SESSION – please complete this side**

Q1 Please tick a box on every line.



	I feel...	1 Very Strongly Disagree	2 Strongly Disagree	3 Disagree	4 Neutral	5 Agree	6 Strongly Agree	7 Very Strongly Agree
Connection 1.3	I have a good level of knowledge in local support and services.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hope 1.5.1	hopeful that mental health recovery is possible	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Identity 1.7	confident in supporting others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meaning 1.11	I have a good level of knowledge in mental health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Empowerment 1.14	able to self-manage challenges in my health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

		Not at all	Several days	More than half the days	Nearly every day
1.	Little interest or pleasure in doing things	0	1	2	3
2.	Feeling down, depressed, or hopeless	0	1	2	3
3.	Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4.	Feeling tired or having little energy	0	1	2	3
5.	Poor appetite or overeating	0	1	2	3
6.	Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7.	Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8.	Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9.	Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

Q1 Please tick a box on every line.



	I feel...	1 Very Strongly Disagree	2 Strongly Disagree	3 Disagree	4 Neutral	5 Agree	6 Strongly Agree	7 Very Strongly Agree
Connection 1.3	I have a good level of knowledge in local support and services.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hope 1.5.1	hopeful that mental health recovery is possible	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Identity 1.7	confident in supporting others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meaning 1.11	I have a good level of knowledge in mental health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Empowerment 1.14	able to self-manage challenges in my health.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6.	Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7.	Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8.	Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9.	Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

Q2. "Mental health is...." - how has your understanding of this changed during the course?

I CAN'T IMAGINE HOW I'D FEEL OR WHERE I'D BE IN MY HEAD IF I DID NOT ATTEND A.F. ENJOYMENT. I STILL FEEL IM IN A HORRIBLE DARK PLACE BUT THESE SESSIONS HAVE RE-IGNITED MY SPIRIT AND PASSION FOR ART. IT'S A GREAT REMINDER THAT IM CAPABLE OF AMAZING THINGS, EVEN IF IT FEELS LIKE EVERYTHING AROUND MY IS HANGING BY A THREAD.



Time to reflect



Where might you be able to imbed CHIME in your evaluation and monitoring?

How might this create CHIME at the same time?

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Session aims and outcomes

1. Describe what CHIME is
2. Understand how to express change using CHIME
3. Enjoy a supported 'safe space' to share challenges and devise solutions around CHIME framework
4. Increase confidence and skills in devising strength-based approaches to gathering data.

What next?

1. What opportunities can you see for experimenting with CHIME in your work?
2. What are the resources you need for embedding CHIME in your work?
3. What will you do first to make this happen?

Reflecting & feedback

1. As a result of this session will you be changing your actions?
Yes / no
2. If yes, what are you changing?
.....
3. What worked well about this session?
4. What could be better?

www.moraywellbeinghub.org.uk



We are all peers of this shared human experience we call 'life'