

Quarterly Review Jan-Mar 2021



Recovery & Well-Being Education
in Mental Health



“During one of the most challenging times for the mental health services our team has continued to deliver a message of hope through recovery education.”

Mike O'Neill, Manager, Mid West ARIES
Email: michael.oneill8@hse.ie

1. What Were the Highlights?

•• RESPONDING TO COVID

We began 2 new work streams in response to Covid:

- Coffee & Connection Virtual Cafe
- Social Calls Service

•• BUILDING CONNECTIONS

Our online community workshops have **increased our reach** within the Mid West and nationally

•• BRINGING HOPE

We have continued to deliver recovery education online in both **5B** and **Ennis APU**s with the support of our volunteer staff facilitators within the service.

•• EMPOWERING SERVICE USERS

We have developed our **first self-paced online course** to support service users to get the best from their virtual mental health appointment. Great response so far.

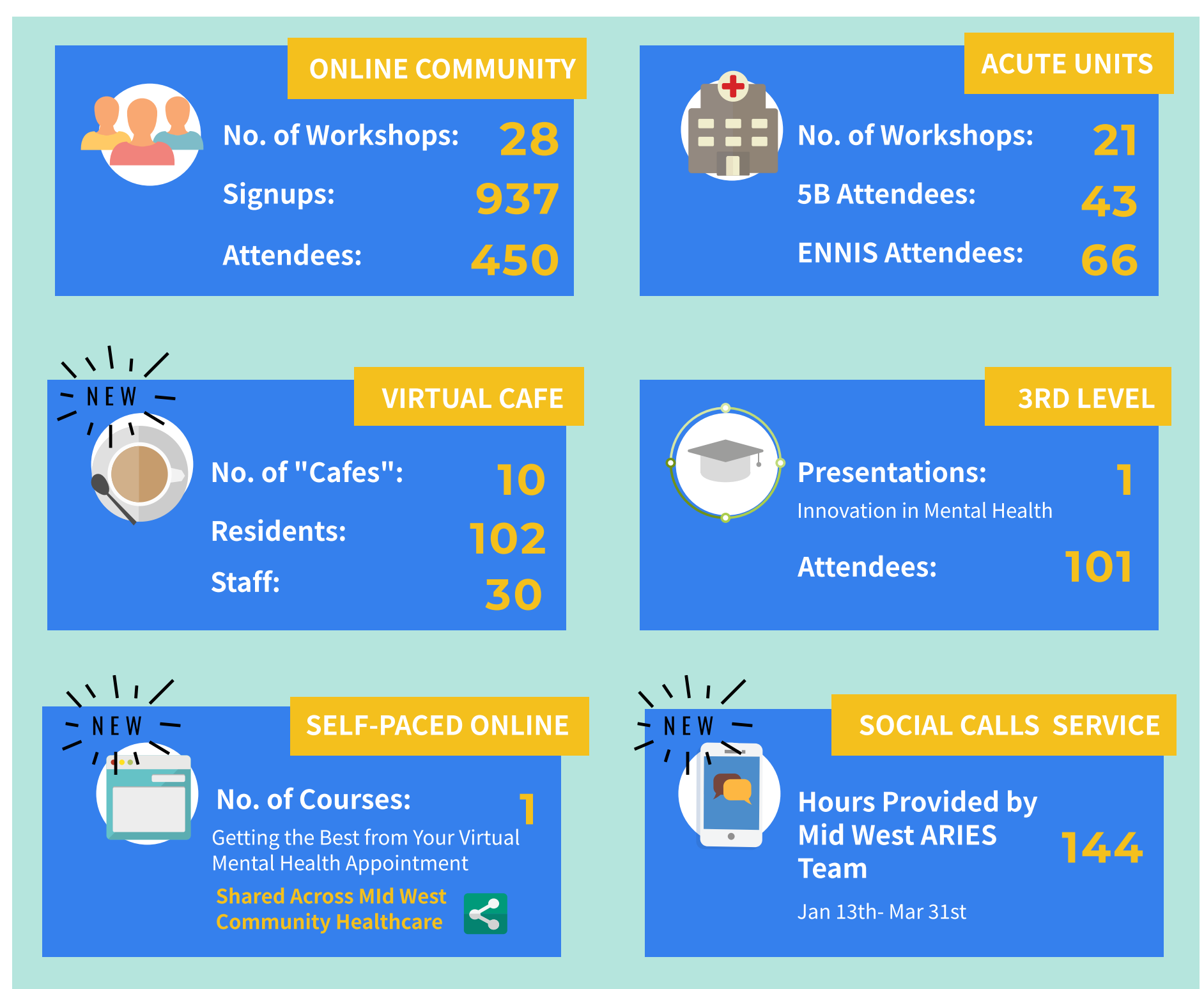
2. How Many?

792

Attendees at a Mid West ARIES Event

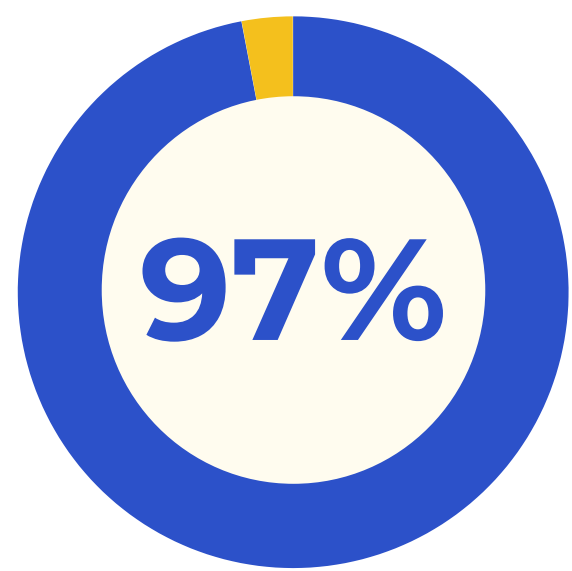


Community (56.82%) APU (13.76%)
Virtual Cafe (16.67%) 3rd Level (12.75%)



3. What did People Think?

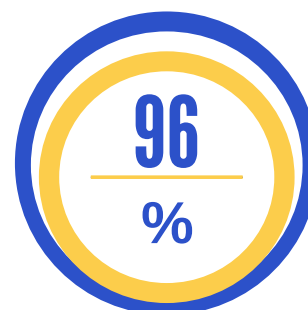
COMMUNITY WORKSHOPS



OVERALL
SATISFACTION

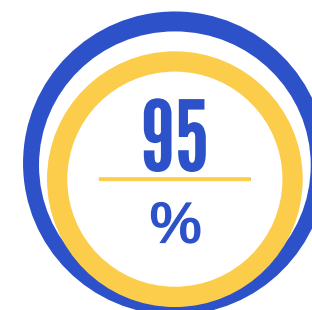
207 Respondents

CHIME IN THE COMMUNITY



CONNECTEDNESS

Felt connected to the activities
and processes in the session



HOPE

Felt hopeful about recovery after
taking part



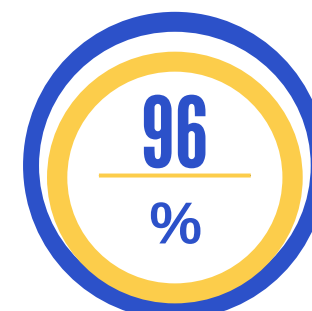
IDENTITY

Felt their identity was respected
and valued



MEANING

Felt that the material delivered
was meaningful



EMPOWERMENT

Felt more empowered after taking
part

What
worked
best?

Learning to
understand my
self better

Kindness,
Understanding,
Being Heard

Taking part in
the workshop
was healing
for me

Really love this,
I feel less
lonely

Confidential,
safe,
honesty

Love what
you do,
thank you

ACUTE UNITS

What worked best?

Being able to speak in a group, first time I've done that

I found it hard today, my mood was low but I stuck with it

The personal narrative was really helpful

Listening to a story about recovery has given me hope

Being able to hear about a Discharge Plan, that was very helpful to me

Very inspiring to hear stories especially when I can relate to them

