

Improving Mental Health in Our Local Community



Phoenix Therapies and Training

Empowering people to reach their full potential

What Do Phoenix Do?

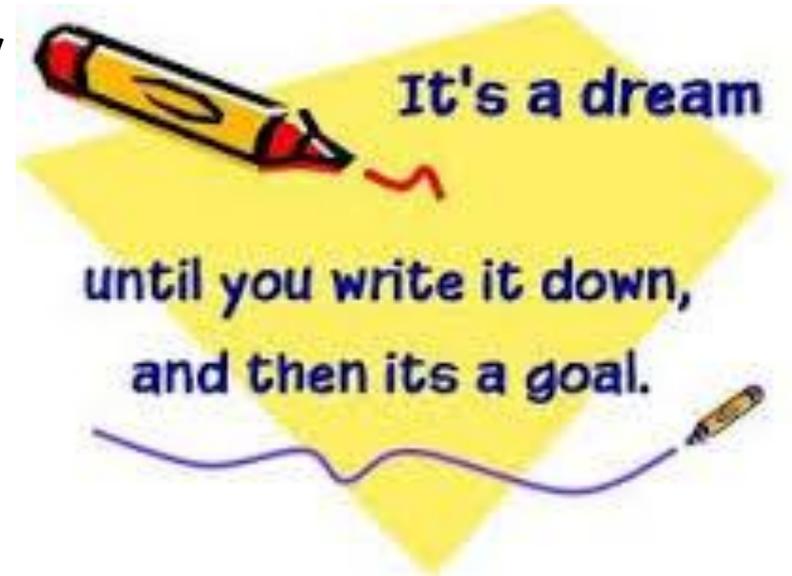


- Deliver specialised early intervention community health services throughout the Midlands (2012).
- Preparation for Work and Take the Weight of Your Mind
- People learn new life skills to deal with the day to day stresses of life.



We teach the four main life skills that people need to be well.

- How to manage stress
- How to create and maintain a healthy self-esteem
- How to maintain positivity
- How to achieve goals



Clients so far....



EUROPEAN SOCIAL FUND



Oadby & Wigston
Borough Council



Our clients suffer from

- Stress
- Depression
- Agoraphobia
- Post traumatic stress disorder
- Bereavement
- High blood pressure
- Insomnia
- Social isolation
- Bi polar



What's Unique About Us?

- We bridge the gap between people needing statutory mental health services and people having access to them.
- We prevent people from needing statutory services because they learn to manage their own mental health.
- We offer the benefits of peer mentoring and professional training simultaneously.



Benefits for Oadby and Wigston

- Improve wellbeing of the community.
- 81% of learners experience an improvement in emotional health, positivity and confidence.
- (source 2012-2014 monitored by ESF and LCC)

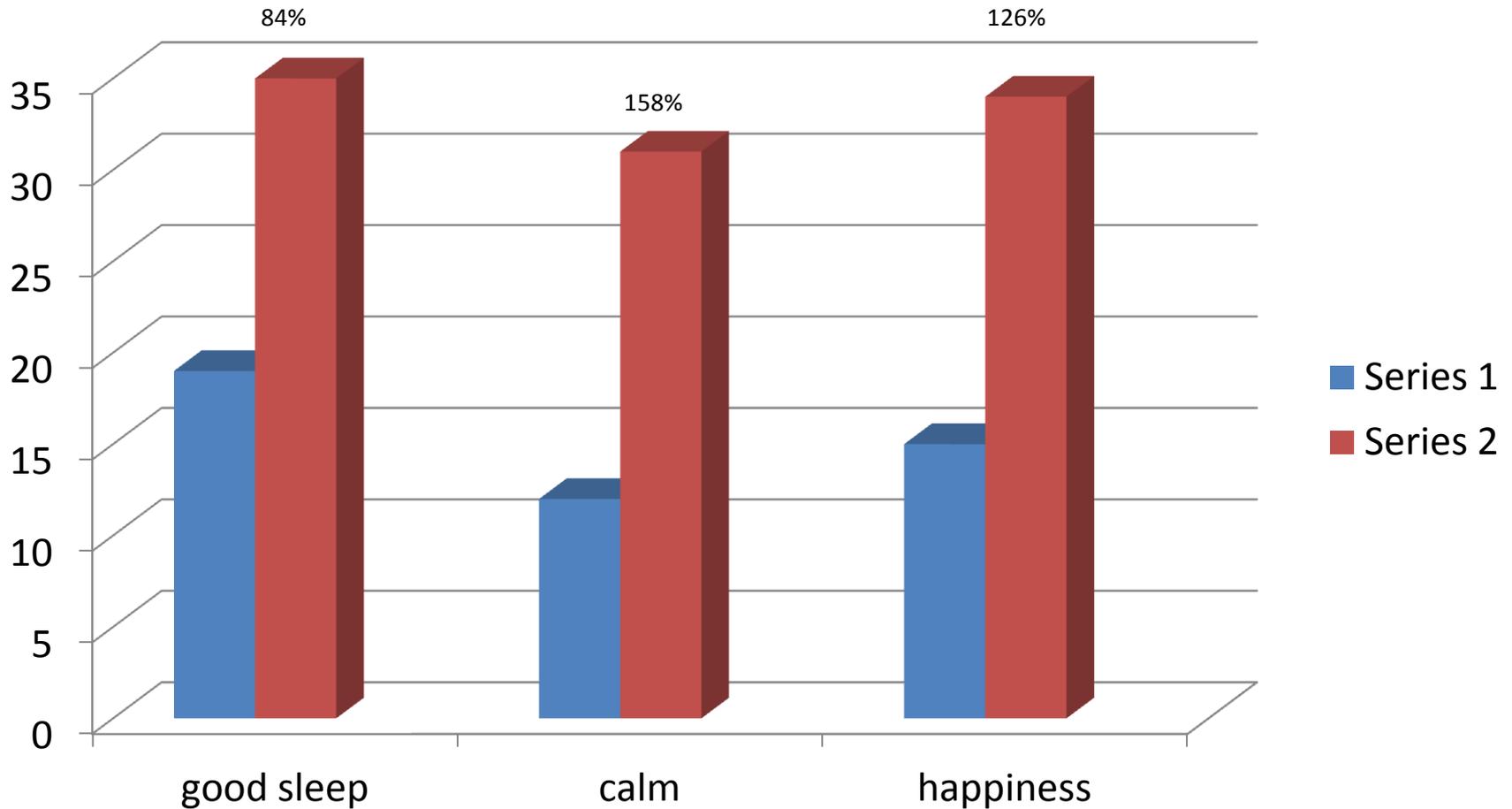


People feel healthier and the community saves money

- Reduces need for statutory services and benefits.
- *“ When my husband died I was at the GP’s about 3 times a week. After attending group training with phoenix my panic attacks stopped and I no longer needed to see my GP.”*
- Nanette Mooney June 2014



Take the Weight of your Mind - Wigston



Saving money

- It is estimated that **improved early intervention services** could save the NHS up to **£38 million per year**.



The Proposal- Phoenix is the Bridge

- We support people who currently need help with their mental health and are not getting it.



- Research is completed on the outcomes and cost effectiveness of our work.



Proposal A

- You identify the GPs with the longest waiting lists for IAPT services.
- We work with these people.
- “Suicides are rising and 75% of people needing help are not receiving it”
- Guardian 13 Feb 2016



Proposal B

- We work with referrals on the waiting list for the Cedar Centre services.
- The average maximum wait time for a community mental health team appointment is 30 weeks.
- Guardian 13 february 2016

Leicestershire Partnership 
NHS Trust

Proposal C

- We do both
- Cost £1700 per programme

Questions ?



Why?

- The average maximum wait time for a community mental health team appointment is 30 weeks.
- Guardian 13 february 2016
- “The human cost is unacceptable and the financial cost is unaffordable.”
- Paul Farmer, chief executive Mind

Why?

- The Government's 'Putting People First' paper recognises that
- “effective peer support is essential in the transformation of adult social care.”
- (Dept of Health 2010)



Why?

- Mental illness causes 15 % of the country's disease burden but received just 5 % of total health research spending.



- Suicides are rising and 75% of people needing help are not receiving it
- Guardian 13 Feb 2016

More People Work and the Community Saves Money

- ***£100,250** has been saved a year because our learners became well enough to go to work again.



- *New economy Manchester – unit costs 12/13
- Phoenix outcomes June 2012-july 2014 monitored by European Social Funding

The community becomes stronger

- *66% of your learners experienced reduced social isolation because they went into further study, volunteering or work.



- * monitored by ESF 2014

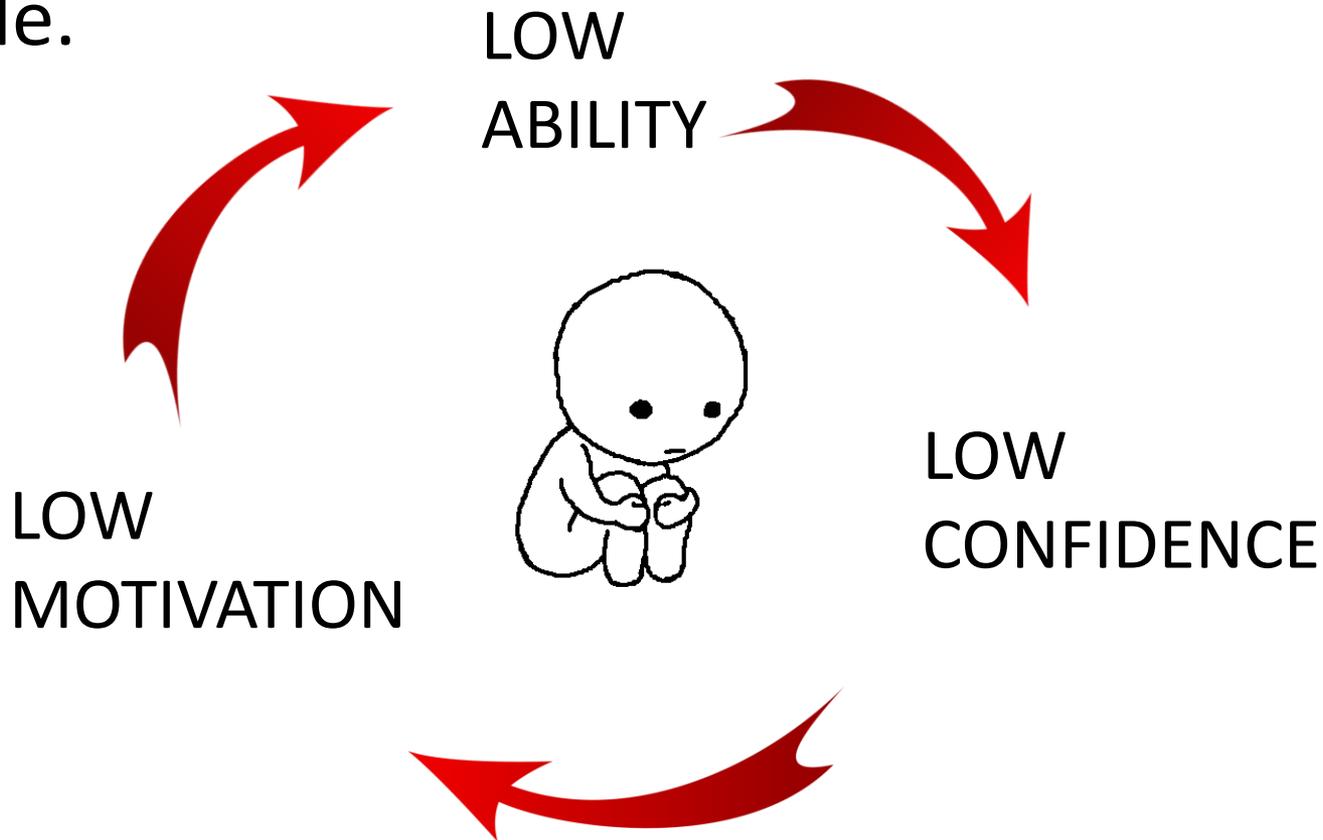
Lives are Saved and the Community saves Money

- **£66,750** has been saved by our services by supporting 11 people with suicidal thoughts in the community
- *“ Without Phoenix I wouldn't be here today or what I am now.”*
- Mehmoodah Peshiman 2014



How Do we do This?

- We show people how to break the negativity cycle.



And Hop On The Cycle of Confidence



Topics We May Cover.

- Our courses are bespoke. Here are sample of potential topics



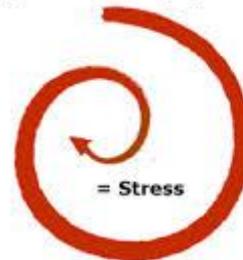
PERMISSION TO MAKE MISTAKES

I, _____ (THE ARTIST), HEREBY ACKNOWLEDGE THAT ON OCCASION IT IS COMPLETELY NORMAL/HUMAN/EXPECTED THAT MISTAKES OCCUR, AND THAT WHEN THEY HAPPEN I WILL NOT SPEND AN EXORBITANT AMOUNT OF TIME BEATING MYSELF UP OVER IT. I UNDERSTAND THAT I HAVE FULL PERMISSION AND AM EXPECTED TO MAKE MISTAKES ON A REGULAR BASIS.

SIGNED: _____
DATED: _____



Negative Thinking Cycle



Neutral

Positive Thinking Cycle



Testimonials



“This was the best course I’ve ever been on”. Harprett The Recovery College 2016

“ I learnt to believe in myself. If you can believe in yourself others can too.” Penny Bigley 2013.

“The change in these guys has been amazing” Dave Price Framework 2015

“I feel good more than I feel bad. Anyone can change it just takes time.” Gina Azziz June 2013

“This is a very successful project, with the progress of learners outstanding.” Jon Ashworth MP
July 2013