

# Improving Mental Health in Our Local Community



**Phoenix Therapies and Training**

*Empowering people to reach their full potential*

# What Do Phoenix Do?

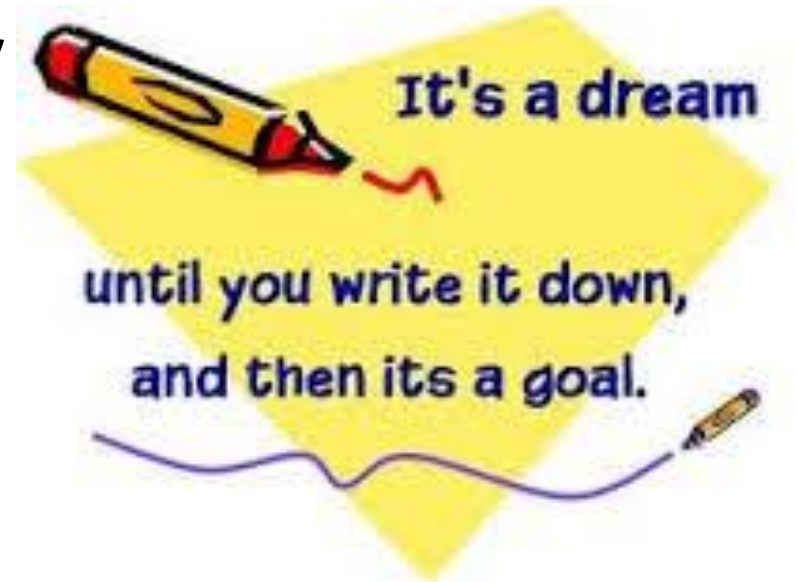


- Deliver specialised early intervention community health services throughout the Midlands (2012).
- Preparation for Work and Take the Weight of Your Mind
- People learn new life skills to deal with the day to day stresses of life.



# **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



people's  
health  
trust



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)





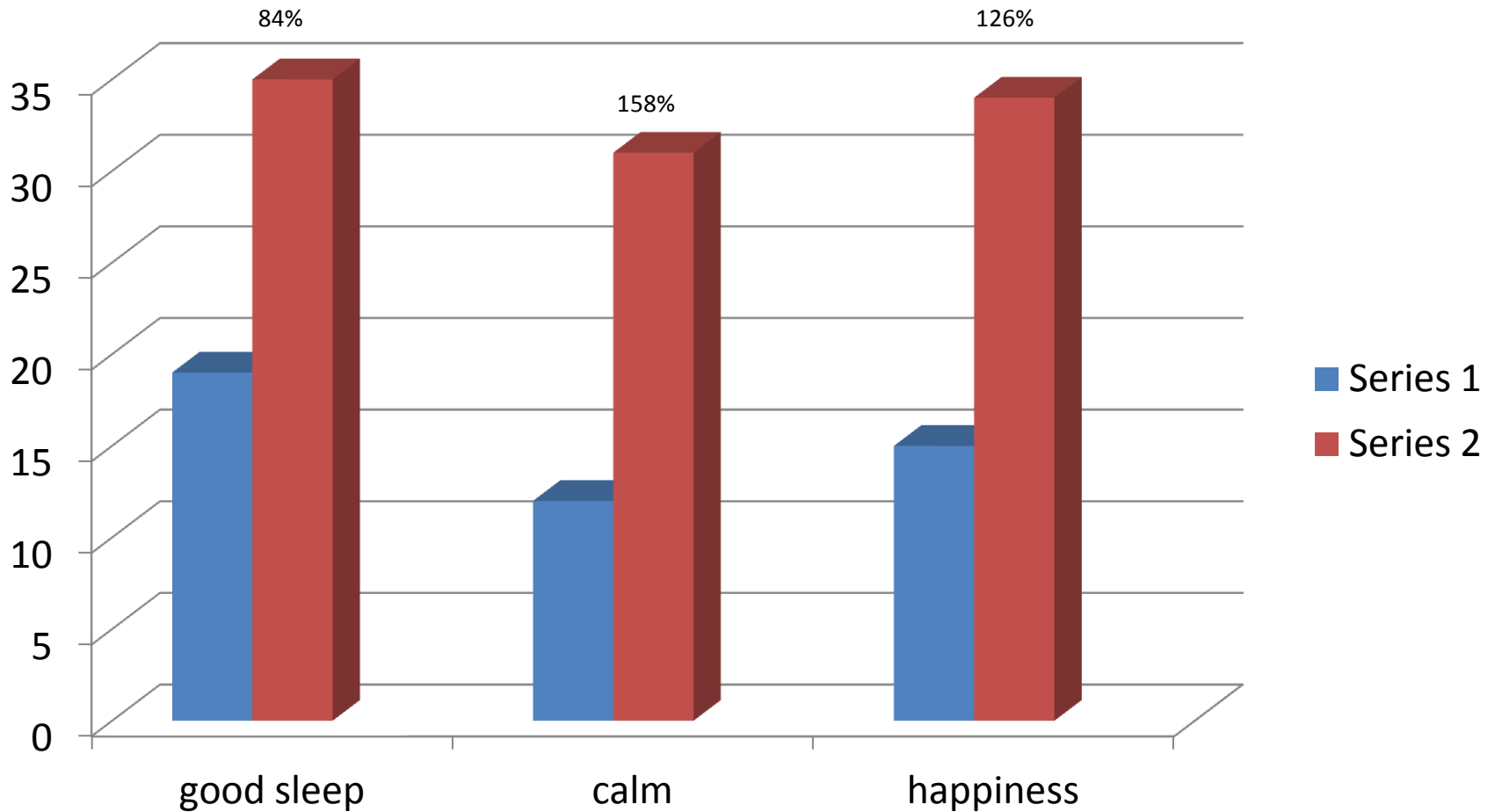
# People feel healthier and the community saves money

- 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



# 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

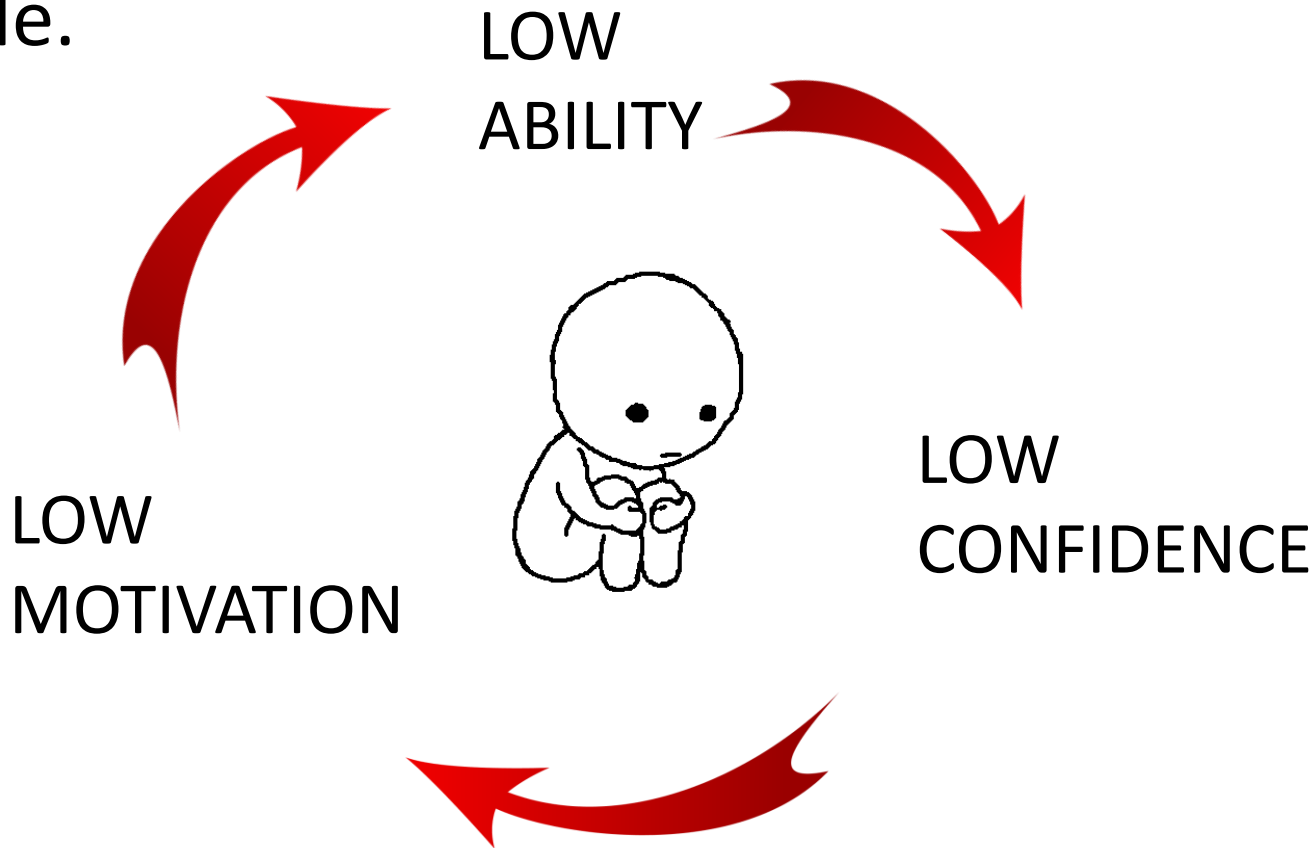
# Lives are Saved and the Community saves Money

- **£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), HERBY 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