

# Happy STRONG Healthy MIND

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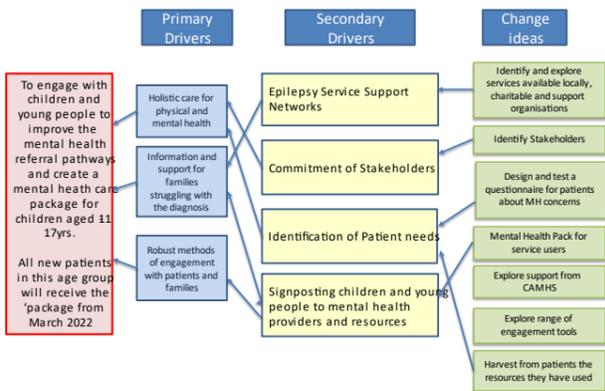
## Aim:

- a) To strengthen referral pathways to Mental Health Support
- b) To develop a Mental Health Support Package

## What is the problem?

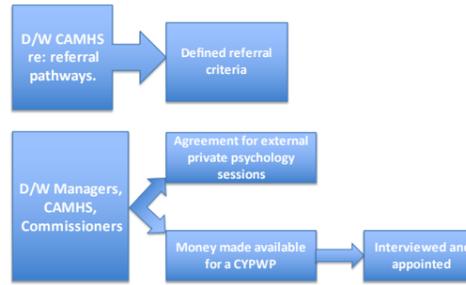
Young people in our Epilepsy service require Mental Health Support. Access to psychology services are suboptimal, worsened since Covid.

## Driver Diagram

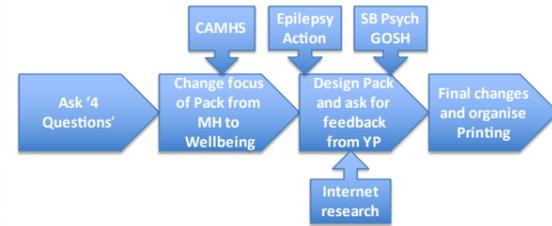


## Process map

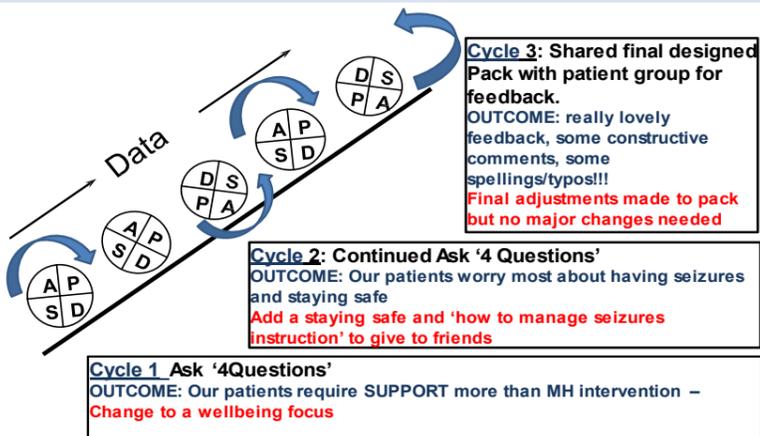
### Strengthening Mental Health Pathways



### Wellbeing Pack Development



## PDSA cycles



## Data collection and what our tests revealed

### Patient Engagement.... '4 questions'



## Final Product and Feedback influence



### YP Feedback...

It's really good! Some cards are brilliant! I really like the 1<sup>st</sup> aid one – I'll keep it in my blazer. I'm impressed with the relaxation exercises. LUKE

Typo in the sleep section, other than that – all good! HOLLY

I really like it! I would recommend it! Useful information and wellbeing advice. I like the emergency card. I will be pinning the '5 ways to feel better' and 'Do more to feel better' on my notice board! Thank you for the pack. JAYCEN

No changes needed, it's really helpful, especially the 1<sup>st</sup> aid advice. AMEISHA

## Team personal learning/Team highlights

## Successes/challenges

### Successes

- Really useful positive project to have been part of. Great lecture series Great to have leader support from EQIP.
- Appointing the CYPWP is really exciting for the team and in taking things forward.
- Good to have produced a pack in a short timeframe, with feedback from our patient group.

### Challenges/Limitations

- COVID and telephone appointments limited patient input, compounded by COPD being redesigned
- Sickness within the team.

## Next steps

### Locally

- Present to our departmental Audit meeting
- Present to our Board safety meeting
- Organise a Patient launch meeting (face to face and virtual)
- Other projects
  - Wellbeing pack for younger age group
  - Introduce screening tool for MH concerns in clinic
  - Possibility of taking part in the 'Lucy project'

### Wider

- Present to Regional EPIC meeting