

# Improving Patient Wellbeing *Happy STRONG Healthy* MIND

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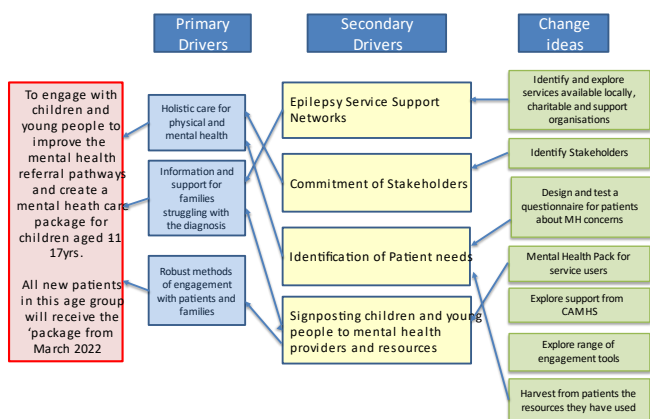
## Aim:

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

## What is the problem?

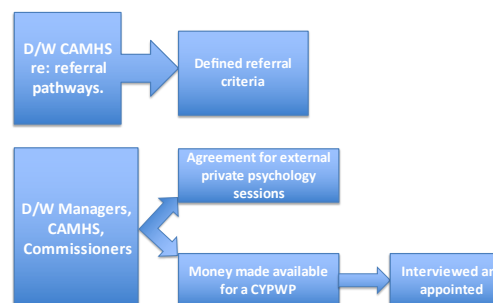
Young people in our Epilepsy service require Mental Health Support. Access to psychology services are suboptimal, worsened since Covid.

## Driver Diagram

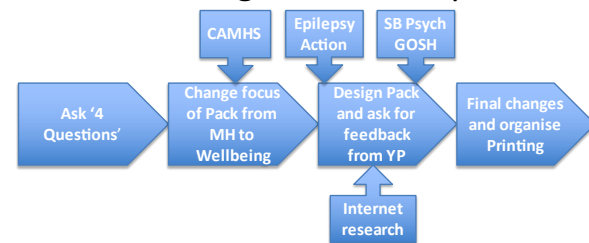


## Process map

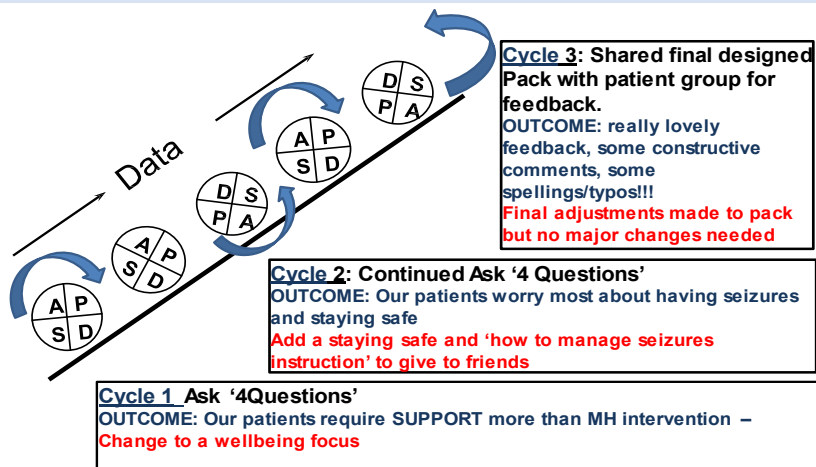
### Strengthening Mental Health Pathways



### Wellbeing Pack Development



## PDSA cycles



## Data collection and what our tests revealed

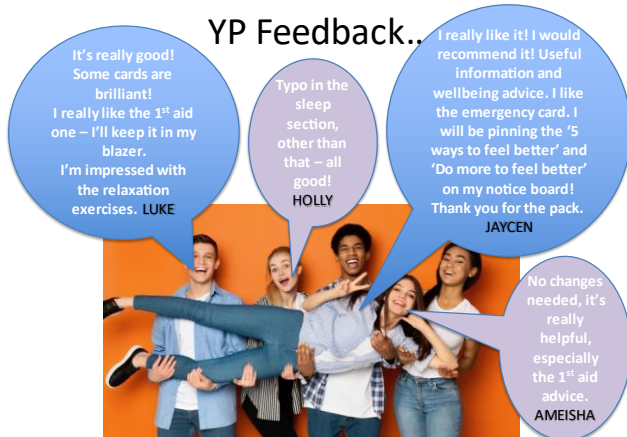
### Patient Engagement..... '4 questions'



## Final Product and Feedback influence



### YP Feedback...



## 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