Healthy Minds Information Session

Session Plan

Session	Healthy Minds Information Session
Background Information	NHS Greater Glasgow and Clyde Mental Health Improvement Team have developed a suite of awareness sessions on a range of topics that can have an impact on people's mental health. Healthy Minds is a free awareness raising resource to support delivery of the public mental health agenda. The ethos of the resource aims to create a culture where everyone has a basic awareness of mental health and wellbeing which can help eliminate stigma and discrimination and develop a more understanding society which values mental health equally alongside physical health.
Aim	To raise awareness and encourage uptake and use of the Healthy Minds Resource.
Learning Outcomes	Participants will be able to: 1. Describe what the Healthy Minds resource is 2. Access the Healthy Minds resource 3. Discuss how Healthy Minds can help support mental health improvement work within their organisation
Duration	• 1 hour
Resources	• Laptop with internet access to allow navigation of Healthy Minds resource • Presentation • Q&A Handout • Evaluation

Facilitator's Notes

Slide	Notes	Time
1	**Introduction** Welcome participants and introduce yourself. Have the title slide up and visible whilst doing this. Inform participants the session is to provide information on the Healthy Minds resource.	
2	**Session Outline** Put up the session outline slide and read out what will be covered today. 1. What is Healthy Minds 2. Why Healthy Minds 3. Who can use Healthy Minds 4. Accessing and Using the Healthy Minds Resource 5. Questions	5 min
3	**What is Healthy Minds?** Read off the information on the slide **Supporting Information** The focus of Healthy Minds is very much prevention and early intervention. It is a very much a cascading and capacity building resource that aims to support partners and organisations deliver on the public mental health agenda. Its ethos is to make mental health improvement everyone's business and recognises that you don't need to be an expert to do this.	
4	**Why Healthy Minds?** 1. **Public mental health agenda:** Improving mental Health is a national priority action area and there is significant momentum around this. This is evidenced with the publication of several key policy documents such as the 10 year mental health strategy for Scotland, the NHS Greater Glasgow and Clyde 5 year mental health strategy, Creating Hope Together, the Suicide Prevention Strategy for Scotland and the soon to be published National Self-harm strategy for Scotland due in 2023.	

	2. **Demand:** the demand for mental health training and resources continues to grow and we don't have the resource to meet all requests. It is an entry level/awareness-raising session for people who might need that level, rather than formal mental health training. Healthy Minds makes mental health everyone's business. 3. **Staff release**: Partners and organisations are finding it more and more difficult to release staff for formalised training courses lasting half and full days. Also staff working in evenings or job sharing may also miss out on training opportunities that are more often than not run during the day. 4. **Parity of esteem**: ensuring that mental health is given the same recognition as physical health. If we increase awareness and understanding of mental health by giving everyone a baseline knowledge this can help reduce stigma and discrimination	
5	**Healthy minds** • Downloadable and free to access. • For anyone to use with an interest in mental health, you don't have to be trained in mental health to use the resource. • Adaptable to suit the needs of audiences and facilitators. Can be used across different sectors, health, education, housing, third sector. • Can be used online or face to face.	5 min
6	**Healthy Minds is not:** • Training: it is basic awareness resource. • It is not a replacement for formal training courses. • Intended to make people experts: aims to create a basic awareness of mental health and other topics that can impact on mental health and wellbeing. Remember prevention and early intervention is the focus.	
7	**Healthy Minds Sessions** There are currently 17 healthy minds sessions available. Read through the session titles. The framework sessions can be used by partners and organisations who are considering using the frameworks to plan and prioritise their work in mental health improvement.	
8	**Session Format**	10 min

	Sessions are very interactive and have been structured using the same format. This is to help facilitators stay on topic and keeps the information clear and simple. Each session comes with • **Session plan and outline**: this helps gives facilitators an overview of the session aim and learning outcomes. • **Facilitators Notes:** provide the narrative for the session and are aligned with the powerpoint presentation. • **Powerpoint presentation:** the use of powerpoint is optional and may depend on the audience. The format of the facilitator's notes allows for this. • **Handout:** each session comes with its own resource handout that can be shared with participants at the end of the session. • **Appendices:** these include an evaluation tool however facilitators can opt to use their own evaluation methods. Participants may want information on formal mental health training opportunities, this handout can be shared with them. It is not an exhaustive list.	
9	**Useful Information** Share the following information. • There is no requirement to complete all 17 sessions or in any order. The resource offers a "pick and mix" menu. However, the basic mental health awareness is always a good starting point. • Healthy Minds is a flexible resource and sessions can be adapted to suit the needs of those delivering or participating in the session. Although sessions have been designed to last no more than 1.5 hours, time constraints can often act as barrier to use. The duration of the sessions can be reduced by selecting key messages and activities to deliver to fit within the time available. Likewise facilitators will come with varying degrees of confidence, knowledge and skills and some may want to expand and develop sessions further. • **[Online guidance](#)**: the sessions can be facilitated both online and face to face. Participants should refer to the guidance before they deliver online. Show this when navigating through the resource in the next section. • The key to success is planning and preparation. Facilitators should assign time to help prepare for any sessions they want to deliver.	5 min

10	**Accessing and Using Healthy Minds**	20 min
	The Healthy Minds resource is available to download from the NHS Greater Glasgow and Clyde Mental Health Improvement Team website.	
	Click on the hyperlink to access the Healthy Minds landing page.	
	Take the participants through the Healthy Minds page	
	1. Click on the information leaflet link. This is a frequently asked question and answer document. After the session, share the link and ask participants to read it.	
	2. Online guidance: this document has been developed to support use of Healthy Minds online. Anyone wanting to use the resource online must read the online guidance.	
	3. Select a session topic to work through and show participants how a session is structured and the resource handout.	
	4. Appendices: click on the appendices link to show the evaluation tool and further learning opportunities document.	
11	**Next Steps & Questions**	15 min
	You may want to give participants time to discuss in groups their thoughts on the resource and how it may support their practice. Take feedback.	
	Encourage participants to allocate some time to access the resource to familiarise themselves with the structure and content.	
	Encourage participants to share the resource with colleagues and partners they work with.	
	Take any questions.	
	You can ask participants to complete the reflective practice tool to give you some indication as to how they intend to use the resource and who they will share it with. This will provide an opportunity for follow up and gauge how the resource is being utilised, (*optional, you can use your own methods to evaluate the information session*).	
	Thank the participants for their time and close the session.	