

National Programmes Day

Recovery, Resilience, Reform

#3RsforBetterHealthNCP22



Sláintecare.
Right Care. Right Place. Right Time.



Improving Health and Wellbeing Through Social Prescribing

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National FRC Mental Health Promotion
Project

Family Resource Centre National Forum

**National FRC
Mental Health
Promotion Project**



Seirbhís Sláinte
Níos Fearr
á Forbairt

Building a
Better Health
Service

What is Social Prescribing?

“Social Prescribing is a means of enabling GPs and other frontline healthcare professionals to refer patients to a Link Worker.

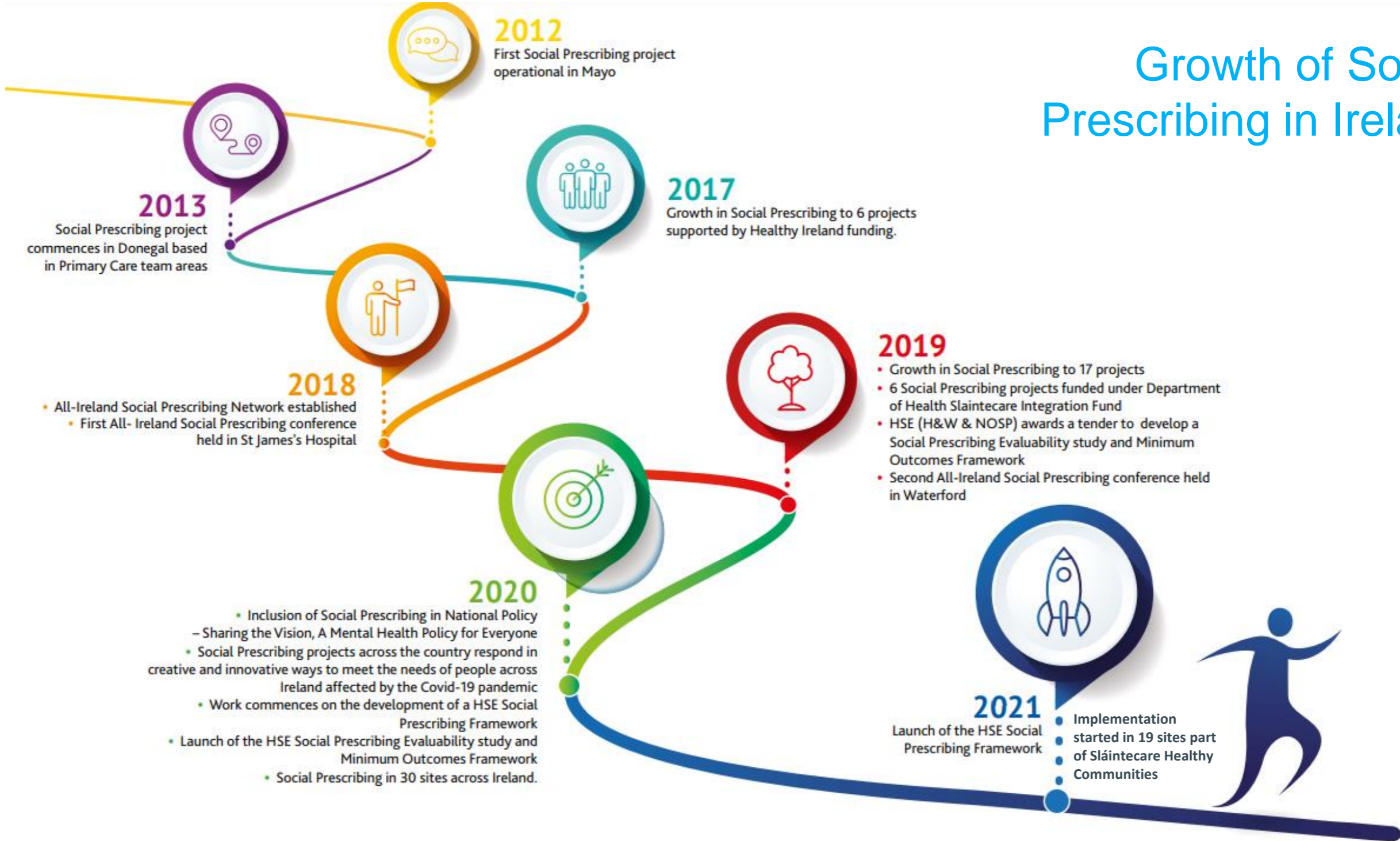
The Link Worker will engage Service-Users in a face-to-face conversation during which the Service-User can learn about the possibilities and design their own personalised solutions.

E.g., ‘co-produce’ their ‘social prescription’- so that people with social, emotional or practical needs are empowered to find solutions which will improve their health and wellbeing, often using services provided by the voluntary and community sector” (*The Social Prescribing Network, 2018*).

Social prescribing is particularly helpful for those experiencing social isolation, fear and loneliness, those with chronic health problems, people with mental health difficulties and psychosocial needs, carers, single parents, migrant and immigrant and minority ethnic groups.



Growth of Social Prescribing in Ireland



2012
First Social Prescribing project operational in Mayo

2013
Social Prescribing project commences in Donegal based in Primary Care team areas

2017
Growth in Social Prescribing to 6 projects supported by Healthy Ireland funding.

2018

- All-Ireland Social Prescribing Network established
- First All-Ireland Social Prescribing conference held in St James's Hospital

2019

- Growth in Social Prescribing to 17 projects
- 6 Social Prescribing projects funded under Department of Health Slaintecare Integration Fund
- HSE (H&W & NOSP) awards a tender to develop a Social Prescribing Evaluability study and Minimum Outcomes Framework
- Second All-Ireland Social Prescribing conference held in Waterford

2020

- Inclusion of Social Prescribing in National Policy – Sharing the Vision, A Mental Health Policy for Everyone
- Social Prescribing projects across the country respond in creative and innovative ways to meet the needs of people across Ireland affected by the Covid-19 pandemic
- Work commences on the development of a HSE Social Prescribing Framework
- Launch of the HSE Social Prescribing Evaluability study and Minimum Outcomes Framework
- Social Prescribing in 30 sites across Ireland.

2021
Launch of the HSE Social Prescribing Framework

- Implementation started in 19 sites part of Slaintecare Healthy Communities



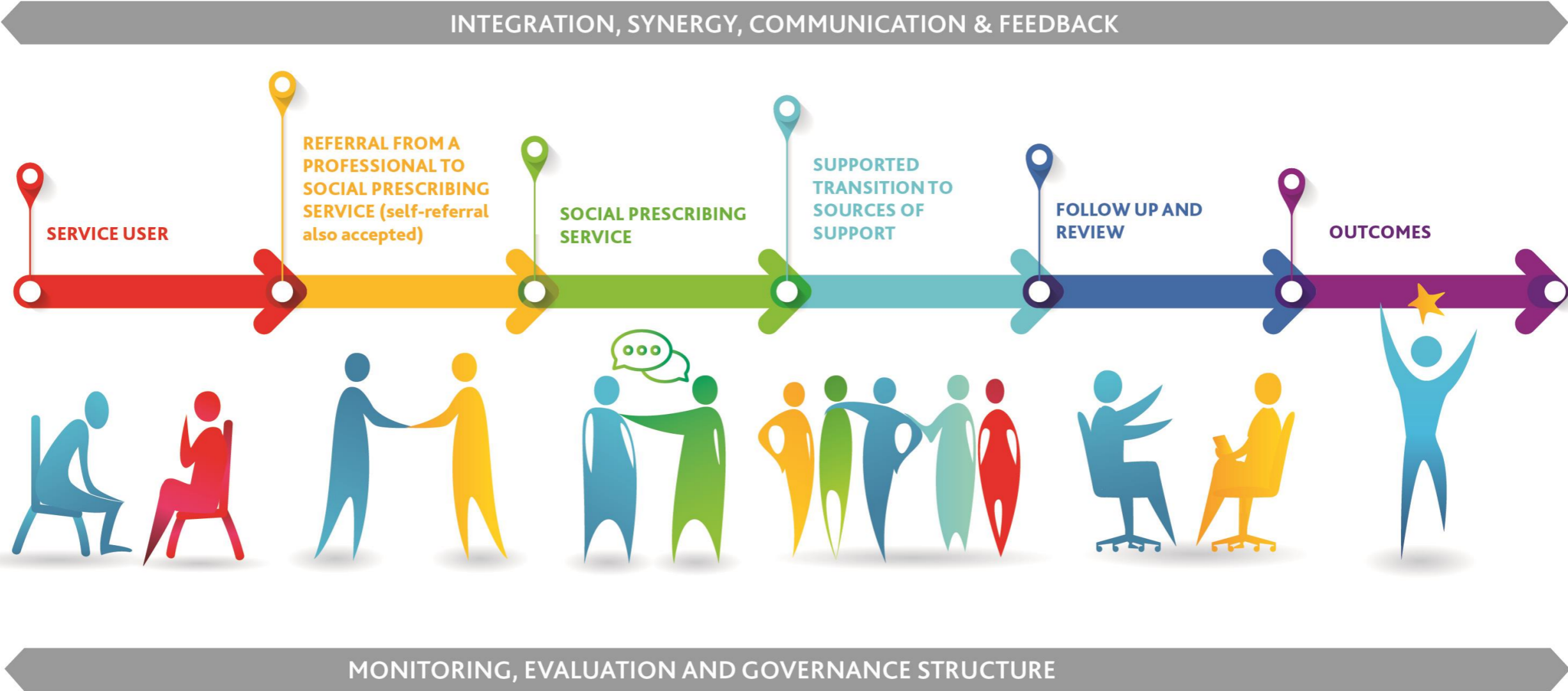
All Island Social Prescribing Network

Members Map

allislandsocialprescribing.ie



Social Prescribing Pathway



H&WBCR Addresses Poor Mental Health, Social Isolation, & Reduced Community Participation

The H&WBCR program seeks to work with people from all sectors of society.

People who may be experiencing one or more of the following:

- low mood
- anxiety
- a sense of disconnectedness, isolation, loneliness
- lack of purpose in life
- Chronic Illness
- Difficult and challenging life circumstances

All of these can lead to challenges in self-care. E.g. less ability to self-management and engage in health-promoting activities.

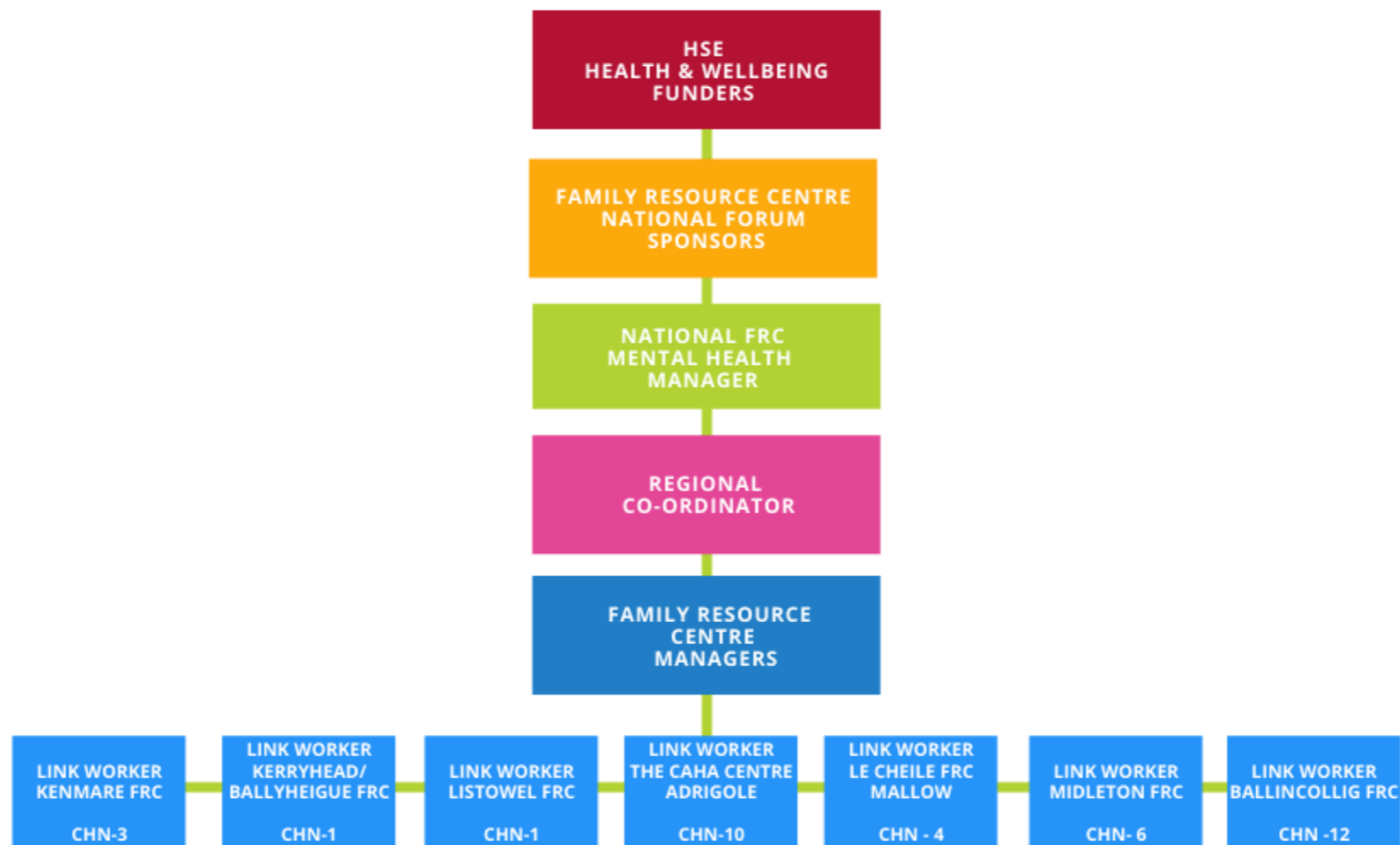
Social Prescribing aims to prevent the escalation of health limiting factors – which affect the individual and can adversely affect the entire family.



HEALTH & WELLBEING COMMUNITY REFERRAL PROJECT

ORGANISATIONAL CHART

KEY STAKEHOLDERS
UCC ACADEMIC
PARTNERS
HEALTHY COUNTY/CITY
LEAD X3
GENERAL PRACTITIONERS
PRIMARY CARE
SUICIDE PREVENTION
OFFICER
SERVICE USERS

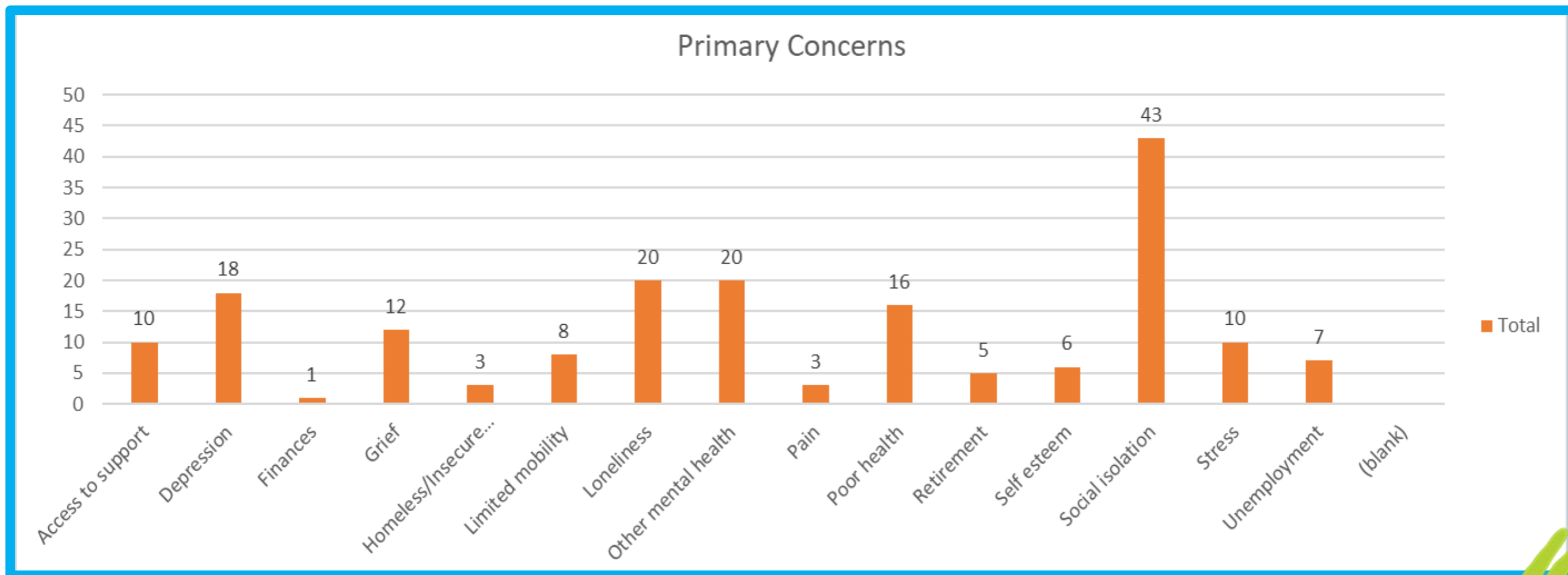


H&WBCR Unique Value Proposition

- **Family/Community Resource Centres** are located by design in communities that experience disadvantages. They are embedded in these communities, working **with and for** community members, identifying emerging needs, and providing a needs-led response and services from “the cradle to the grave”.
- FRCs are often the first point of call for individuals experiencing difficulties or distress because they offer support across the life course. Those hard to reach people, slow to engage – very often do engage with their local FRC.
- The availability of a social prescribing Link Worker within the FRC, who has the capacity and expertise to welcome the Service-User, tease out the issues in the Service-Users life – as the Service-User sees them, and have researched options which they refer the service-user into.
- If there is a need, the Link Worker will also accompany the Service-User at their initial introduction to the service, group, or activity – if that is a challenge to engagement for the Service-User.
- FRCs have multiple options/resources that promote positive mental health, which Service-Users can be linked into. Such as Low-cost counselling, Wellbeing focused activities/classes, and Volunteering opportunities. **There are Manifold by products of social prescribing to the community and its members. Eg volunteering, health promoting activities, identifying needs and gaps in services in the community.**
- There are 121 FRCs across the country with 21 Cork/Kerry Region. The National Forum of FRCs has a dedicated National Mental Health Promotion Project, which provides training, support and best practice guidance on mental health promotion and suicide prevention to staff and volunteers."



Service-Users Concerns



Pillars of Positive Health: What is it?

The six main dimensions of health:

-  **Bodily functions**
-  **Mental functions & perception**
-  **Spiritual-existential dimension**
-  **Quality of Life**
-  **Social & societal participation**
-  **Daily functioning**

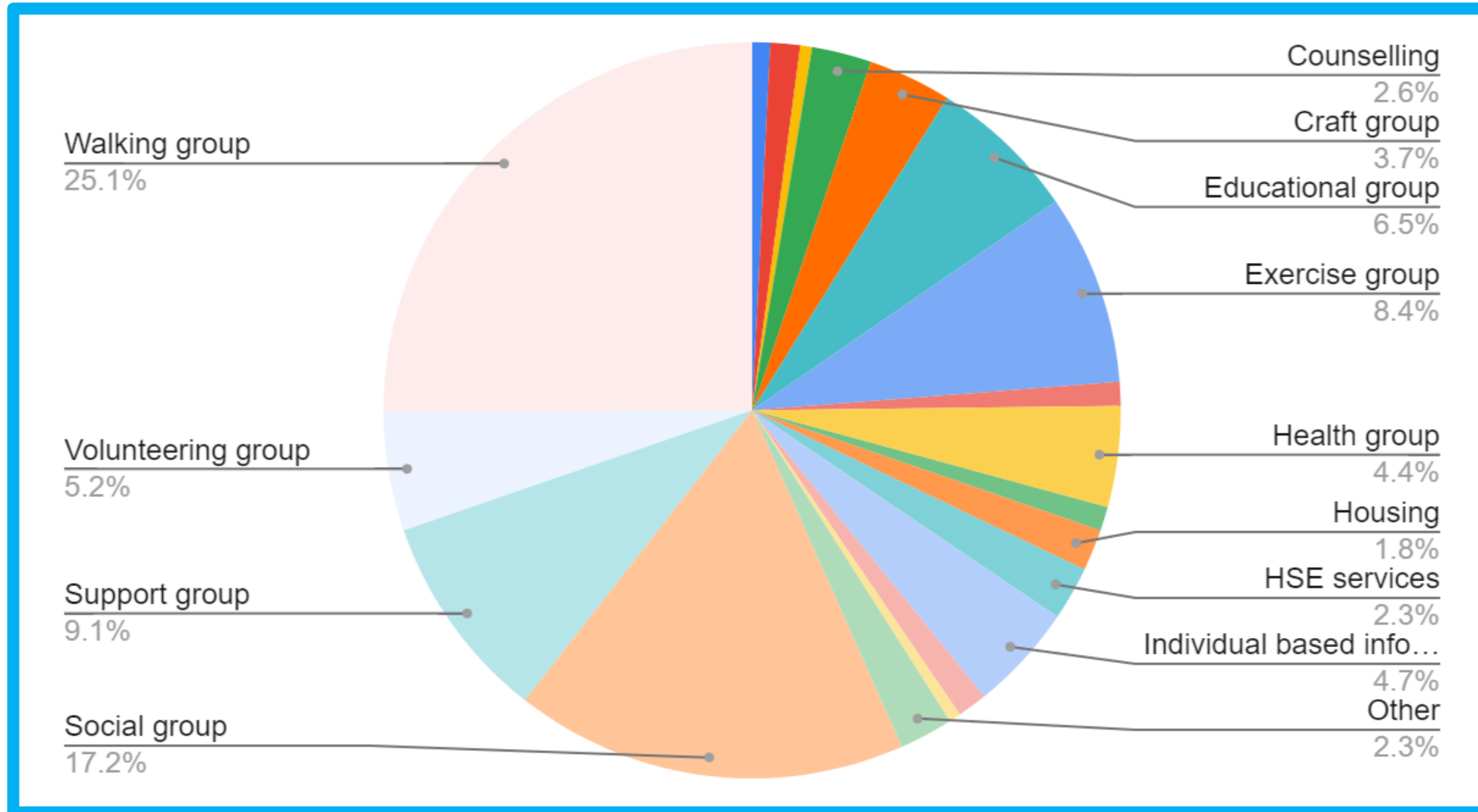
Self-Assessment tool

Dialogue tool

Outcome Evaluation tool



Intervention Types

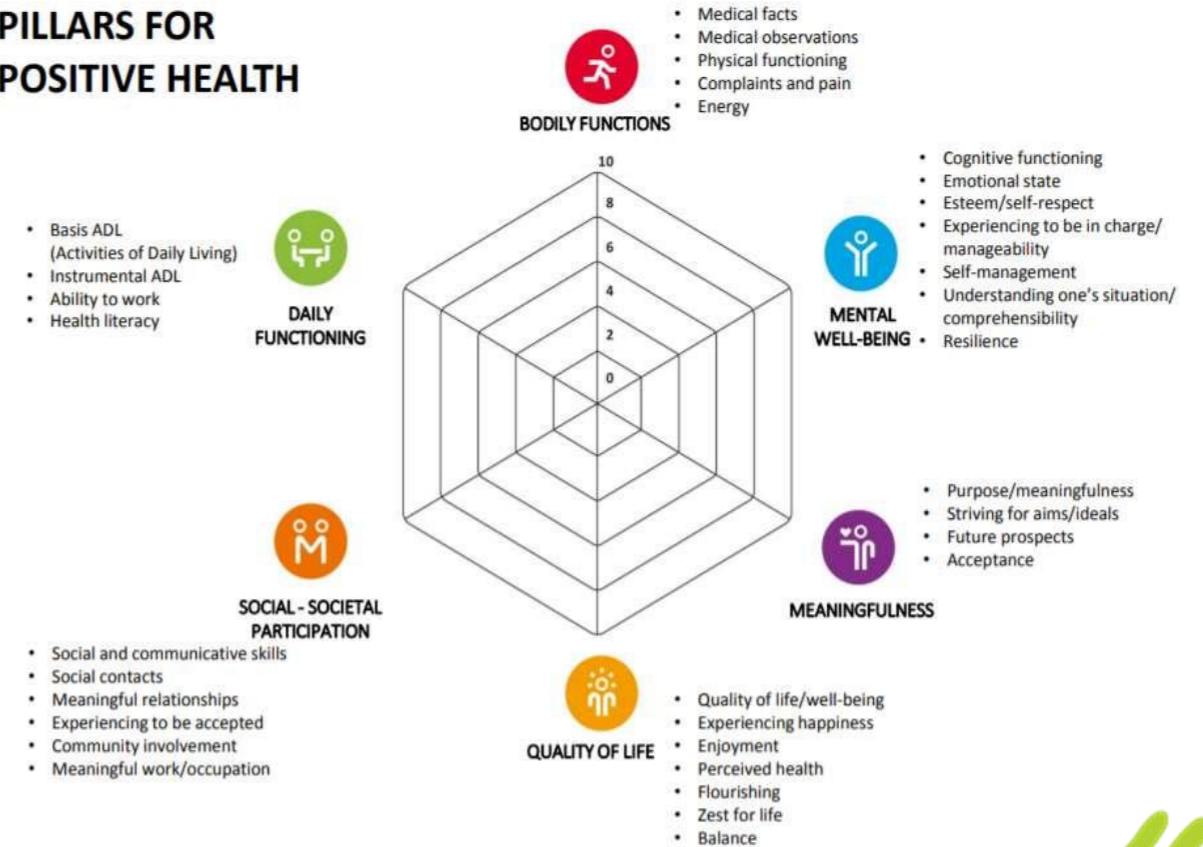


Pillars of Positive Health

Percentage of Service-Users to report improvement in a particular health domain

| | |
|----------------------|-----|
| Mental Wellbeing | 69% |
| Social Participation | 61% |
| Quality of Life | 58% |
| Daily Functioning | 58% |
| Meaningfulness | 53% |
| Body Functioning | 53% |

PILLARS FOR POSITIVE HEALTH



<https://www.youtube.com/watch?v=kjNCbcuU24>

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Feedback

"You're saving lives and I don't think you know it or how important you are to my Service users"

(Referrer, Psychiatrist)

"One person I worked with had a neurological condition and I linked her into her Public Health Nurse for the first time.

Through this, she then could access OT, personal assistant hours and a community physio."

(Link Worker)

"I didn't know where to turn to. Nobody ever listened or helped me. You changed my outlook on life and people".

"Thank you for listening to me".

"This has really benefited my mental health".

"I feel like this has done me the world of good".

"So now that I have done that, thanks for help and support, I feel like a new person. Stronger and capable of being me and a mom."

"Thank you for listening to me". "This has really benefited my mental health" "I feel like this has done me the world of good".

(Service-user's)



Reporting/Evaluation/Planning

An evaluation of the pilot was designed and conducted as a research project with UCCs Department of Occupational Science and Therapy.

All Social Prescribing Link Workers complete detailed monthly reports
Quantitative and Qualitative data is collected.

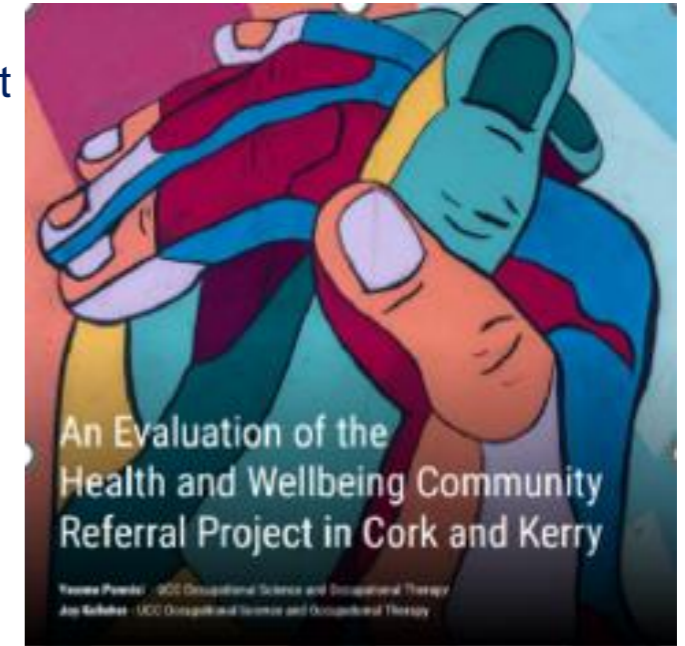
The programme conducts analysis of this information to Inform future planning and programme development, aiming to maximise reach and quality of service provision & growth

Findings of Bi annual report Jan to June 2022:

Pillars of Positive Health- The most common improvements were in mental wellbeing (69% of Service-Users) and social participation (61% of Service-Users).

The Short Warwick–Edinburgh Mental Wellbeing Scale - improvements included -improved feelings of optimism and relaxation, with better decision-making and clarity of thought.

KPIs – There was a 29% increase in referrals and a 125% increase in the number of contacts the Link Workers have completed in quarter 2 - since the first quarter.



Thank You For Listening

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