



Bracknell Forest Community Network Progress Update – July 2018

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Bracknell Forest Council

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Network Philosophy



Remain socially
engaged



Better
understanding of
their mental health








Prevent relapse



Develop their
confidence, life skills
and resilience

Rooted in the mental health recovery principles and using co-production with an asset-based approach, the Network works alongside individuals to develop their support networks and live independently. This will lead to a reduced likelihood of needing secondary mental health support and bed-based provision.

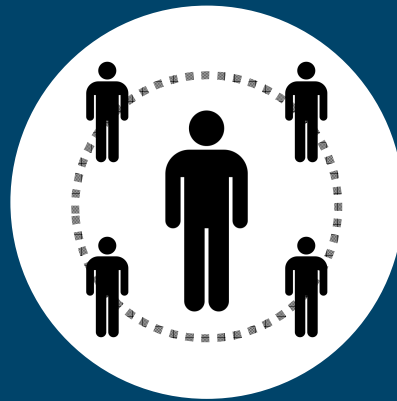
Who's the Network for?

-  Bracknell Forest residents aged 18+
-  People recovering from an episode of mental ill-health (including people accessing secondary mental health services)
-  People stepping down from CMHT/CMHT(OA)
-  Those at risk from suffering an episode – preventative
-  Support for carers to access community assets

Outline of Network Process



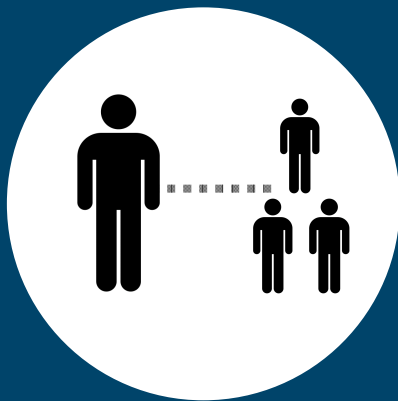
Identify an individual's strengths and aspirations



Identify and develop personal support networks



Support people develop their Recovery Plan



Signpost individuals to community assets



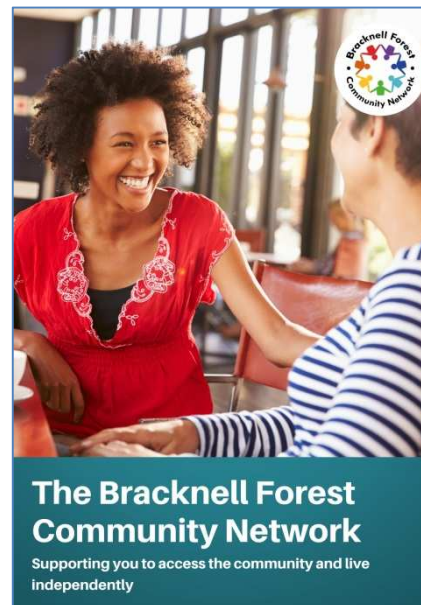
Monitor and support recovery



Look to develop the individual into a Peer Mentor

How to make an Introduction

- Email: network@berkshire.nhs.uk
 - Name of individual
 - NHS Number
 - Brief synopsis of individual's situation
- Network leaflet and posters can also be given out to prospective Introductions
- Network staff can go on joint visits with practitioners to engage individuals for Network Support



Network Case Studies and Report



Sandra's Story:

...Since engaging with the Network, Sandra has a much more positive outlook on life and is “very much looking forward to the future” having been discharged from the CMHT. She says “Because of the Community Network I’m doing more things now and keeping more active and because of that I actually want to get up in the mornings as I am enjoying life more!”.



Sam's Story:

...Sam says of the Community Network support “It has given me a kick up the butt to volunteer because I have lacked confidence. I enjoy the monthly meetings where I learn about different services and activities. It also helps being around other people with mental health difficulties so it saves me from being socially isolated”.

Positive Network Feedback

Please use this space for your feedback and ideas for developing the Bracknell Forest Community Network:

I was very depressed and anxious when I first met Daire, but with her support and encouragement I now feel like a different person. I have much more confidence and my anxiety levels have dropped a lot. I have made some lovely new friends through the Network and have the confidence to contact my old friends that I was too anxious to see before.

I would never have believed getting help from the network could make such a dramatic change to my life and in a relatively short space of time! It is a wonderful service and I feel very lucky to have been able to benefit from it.

Network Case Studies and Report

Sarah Beaumont, Community Psychiatric Nurse, BHFT

“The Community Network has filled a huge gap in the community resource. Before this team was established, clients often saw their options for mental health support in Bracknell as the Community Mental Health Team or nothing. Keeping individuals open to the CMHT for the purpose of the remaining part of their recovery seemed at odds with the aim to empower individuals. This also placed a significant pressure on the CMHT whilst the team was trying to manage a steady flow of referrals in. The Community Network has helped many service users to continue and to enhance their recovery journey and to reach some of their more specific goals within the community. I will continue to readily refer into the Community Network as I strongly believe this team is empowering individuals with mental health difficulties to achieve more.”

First year report on Network development and operation produced

2nd Tranche of BFCN Development

- Adults Psycho-Education Sessions
- Older Adults Maintenance Groups
- BFCN Peer-to-Peer Scheme
- Bracknell Forest Mental Health Forum

Adults Psycho-Education Sessions (1)

- Suggested session topics:
 - Managing Difficult Emotions
 - Anxiety Management
 - Coping Strategies
 - Medication Management
 - Sleep Hygiene
 - Depression
 - Intrusive Thoughts
 - Psychosis
 - Wellbeing



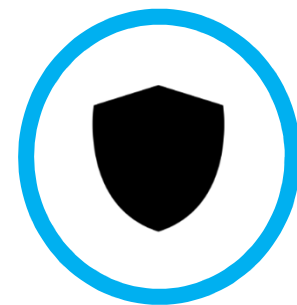
Better understanding of their mental health



Develop Peer supporters

Older Adults Maintenance Groups

- Suggested Groups
 - Maintenance Cognitive Stimulation Therapy (MCST)
 - Minor Cognitive Impairment (MCI)
 - Cognitive Behavioural Therapy for Carers (CBT)
- BFCN to provide secretariat
- Test Group to be developed



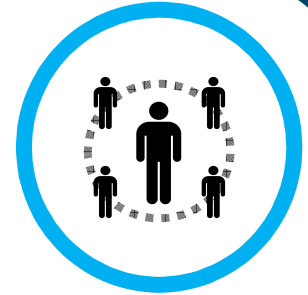
Prevent relapse and
deterioration

BFCN Peer-to-Peer Scheme

- “Peers” to share their experience of mental-ill health and their recovery journey
- Scheme will “dovetail” into the current BFCN process
- Peer Register to be stored on the CMHT shared drive
- BFCN Project Board to provide scrutiny

Bracknell Forest Mental Health Forum

- CMHT Link Officer: Amy Edwards
- Practitioners to attend each session
- Promotional means to be developed
- BFCN providing funding
- BFCN Project Board to provide scrutiny



Thank You!



Questions?