

Second Nurse/Patient Led Co-Produced Decider Skills Programme January – March 2019

Facilitators:

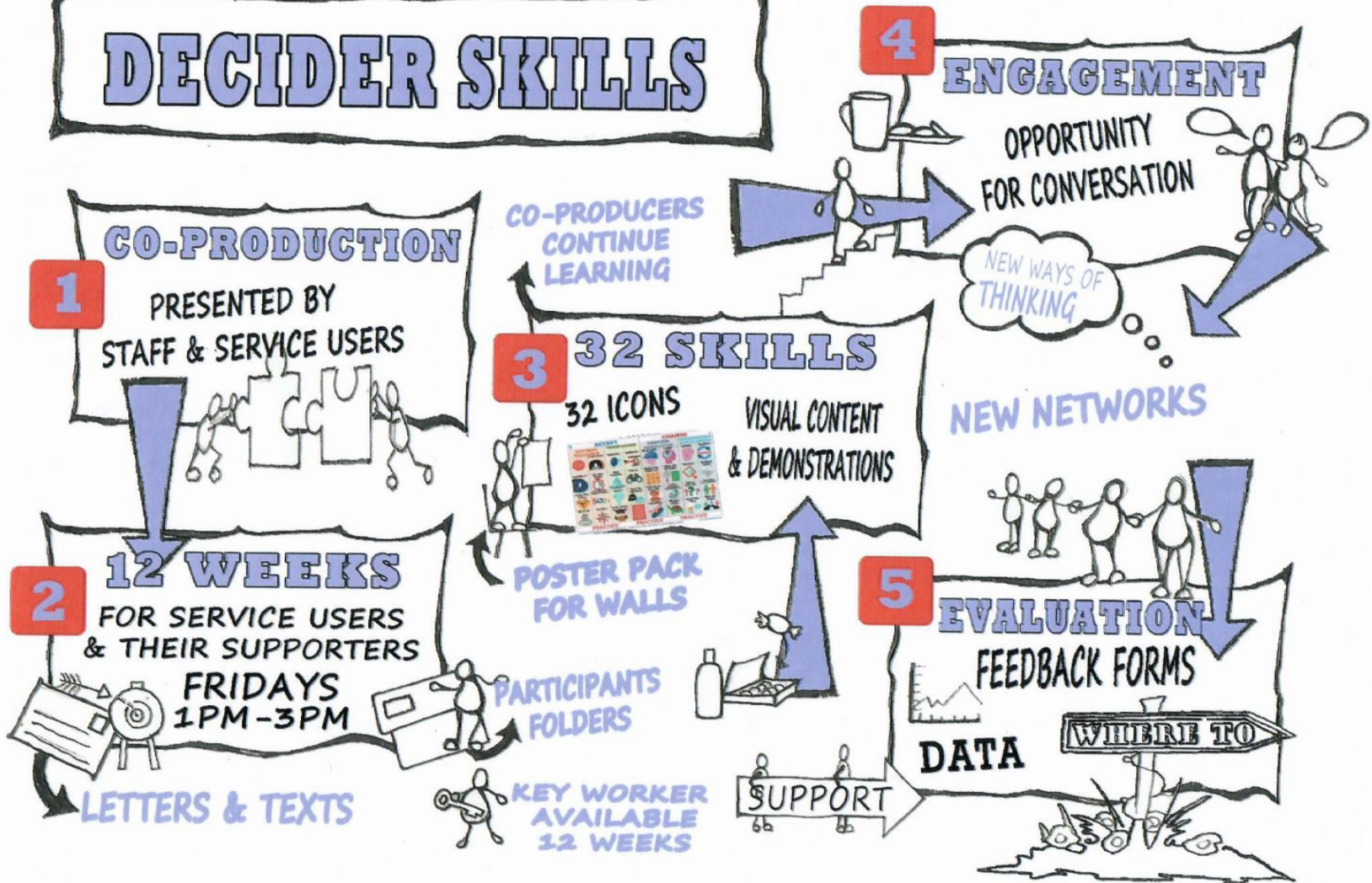
Ann Cunningham and Marion Pink

Distress Tolerance Coaches:

Avril Cahill and Aishlinn Strahan

The Decider Skills: Created by Michelle Ayres and Carol Vivyan

DECIDER SKILLS



FACTS

- Nurse/Patient led co produced Decider Programme = 12 weeks , Booster session at week 16
- CBT/DBT coping skills group
- 2 Nurse Facilitators
- 2 Nurse Distress Tolerance Coaches – available outside the group every week for those distressed and in need of 1:1
- 9 Co – Producers – patients who have completed the course
- Group offered to all NCH CMHT's by email
- Co – produced Decider programme offered to 99 patients and their family/supporters
- Referrals received Bray = 82 Greystones = 17
- Overall average attendance = 36 weekly
- The average waiting time for the decider skills group was 2 months
- The highest waiting time reported was eight months
- The lowest waiting time reported was “one week”
- GP's directly referred two patients
- Primary care psychology referred a patient and support person
- Evaluation completed by 36 participants and family member/supporters
- Direct quotes utilised within evaluation evaluation to highlight patient's exact experience of the group

Template of Group Offer and Text Confirmation System

Invitation to the Decider Group

01/01/2019

Dear Kevin,

As you are aware you have been referred by your mental health team to attend the Decider group which is a group that assists people to live a “**more skilful and less impulsive life**”. The group covers four main areas of skills that are helpful including distress tolerance, mindfulness, emotional regulation and interpersonal effectiveness.

As recovery generally includes family/friends/support person’s we would like to offer a place in this group to a person of your choice but this is optional. We have ensured that this group is a co – production meaning that this group will be facilitated by both staff and service users.

We are intending to run this group beginning on Friday the **31st of August 2018 from 1:00 – 3:00 in the Lincara Centre and the duration is 12 weeks.**

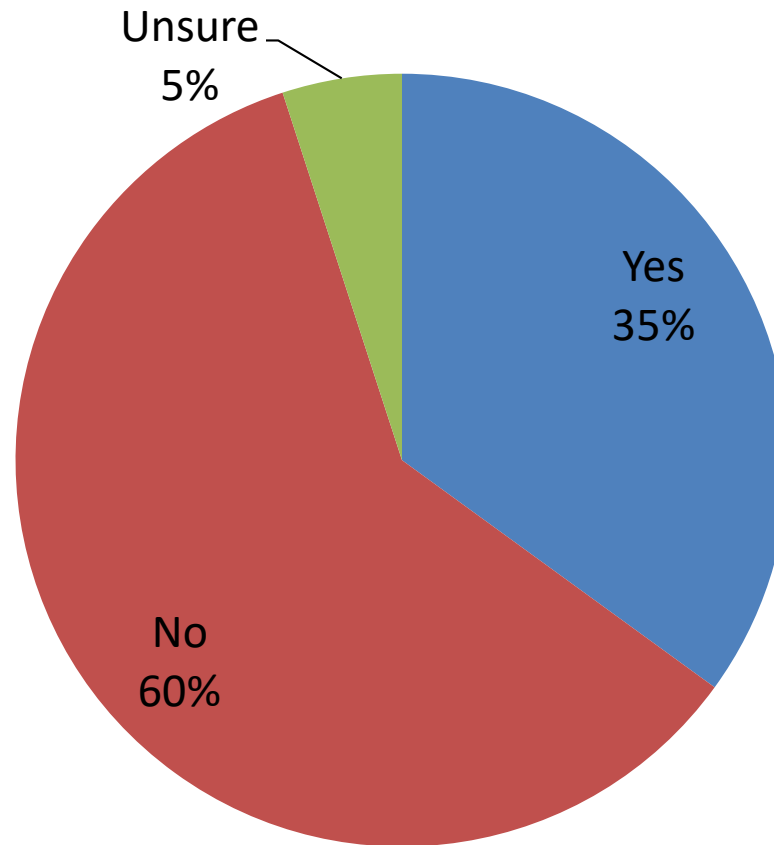
To avail of a place on this group please follow the below steps:

**Text your name, the word decider, and whether you are bringing support to the following number: (086 – 4109037) –SEE EXAMPLE BELOW
Ann Cunningham - Decider – Support Person/Myself only**

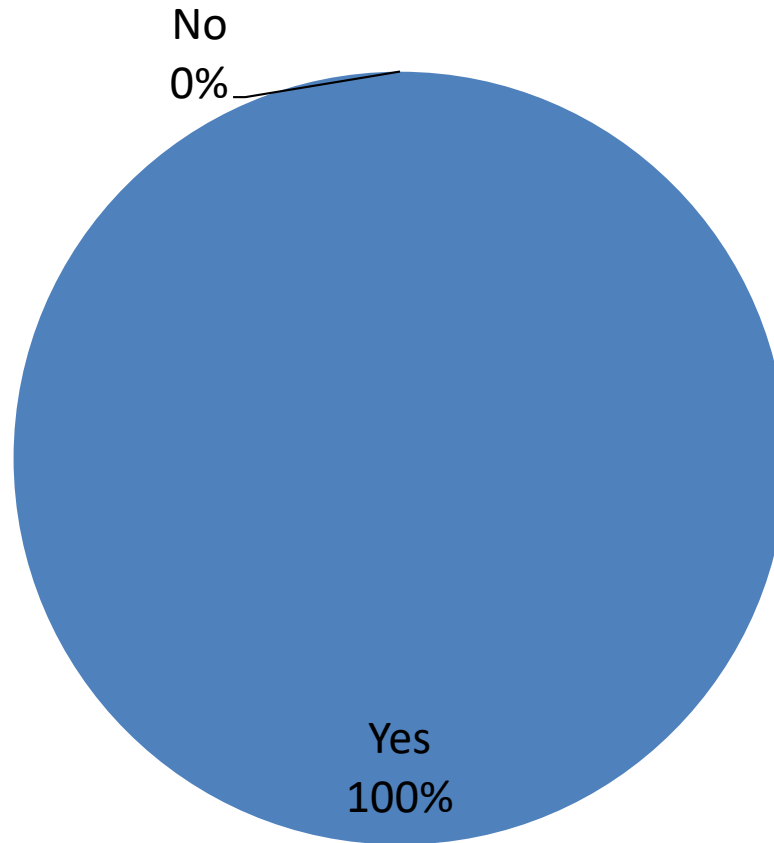
If we do not hear from you by the 18/08/2018, at this time we will assume that you do not wish to take up a place in the group. For any queries please contact Marion or Ann on (01) 2862345.

Kind regards,

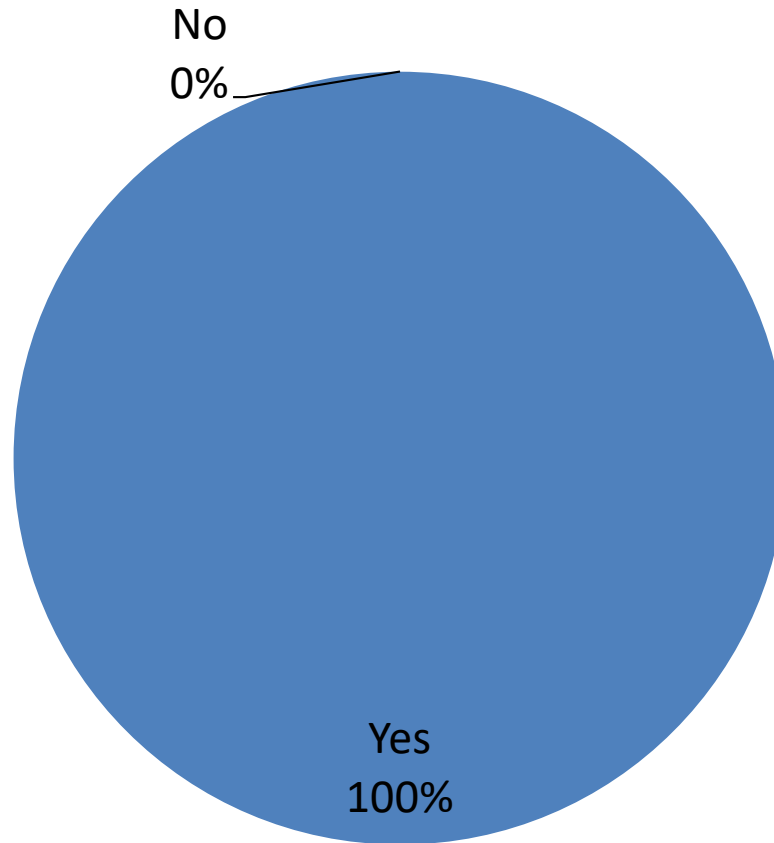
Did you think Decider was going to work for you?



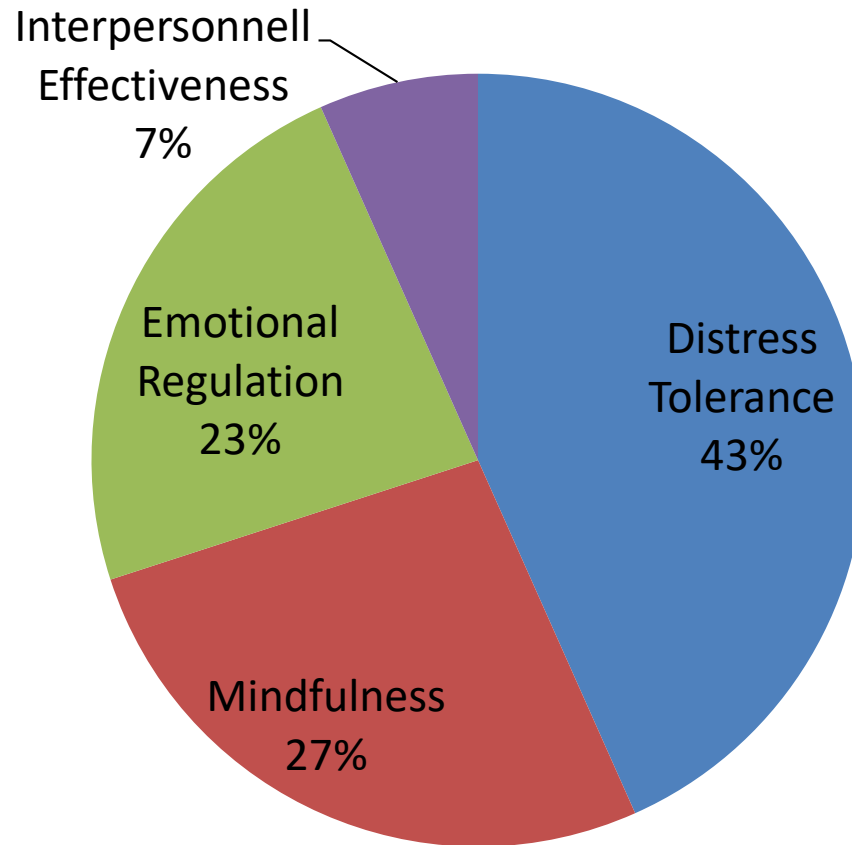
Did hearing personal experiences make a difference to you



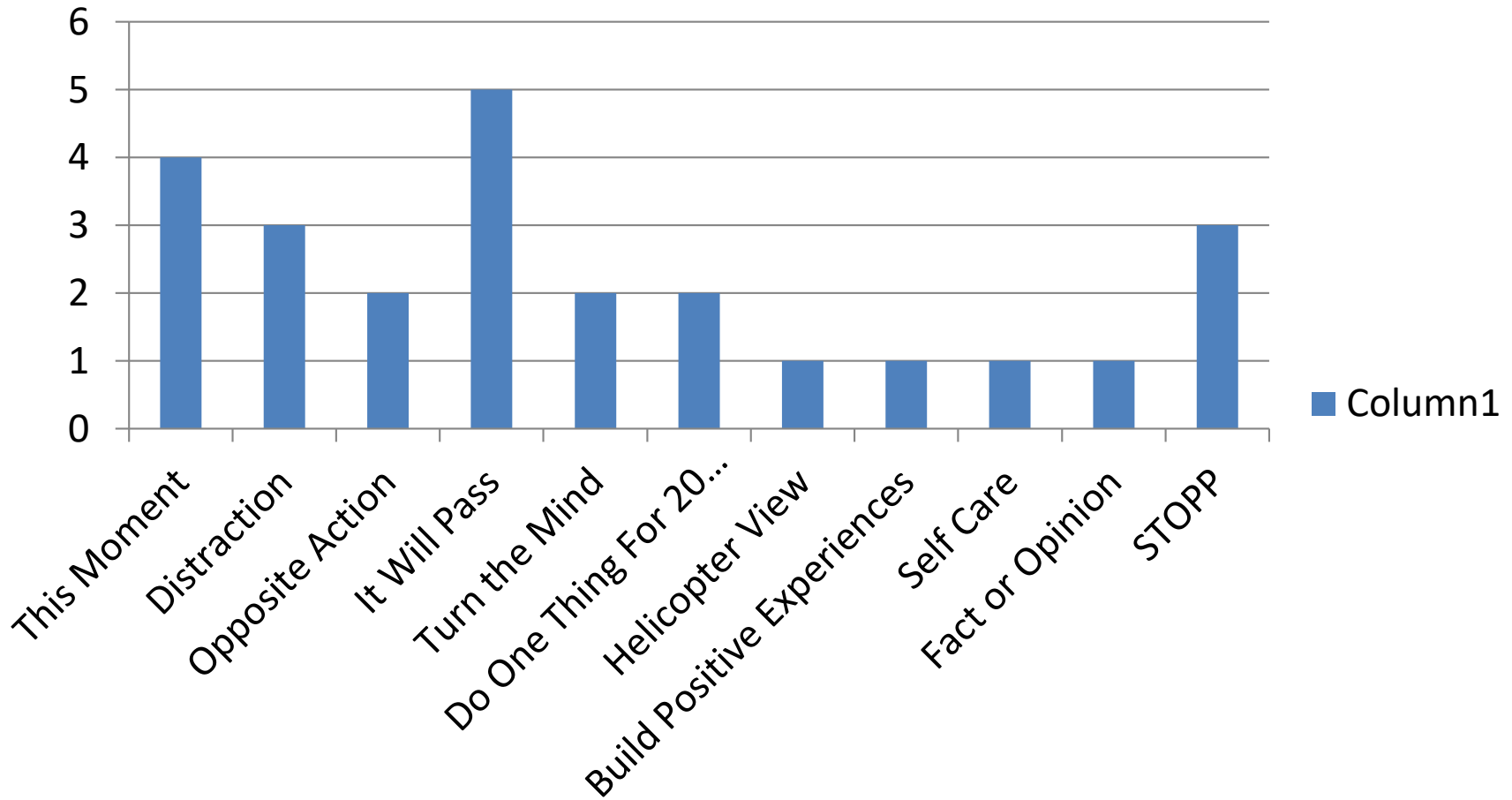
Do you think the skills work?



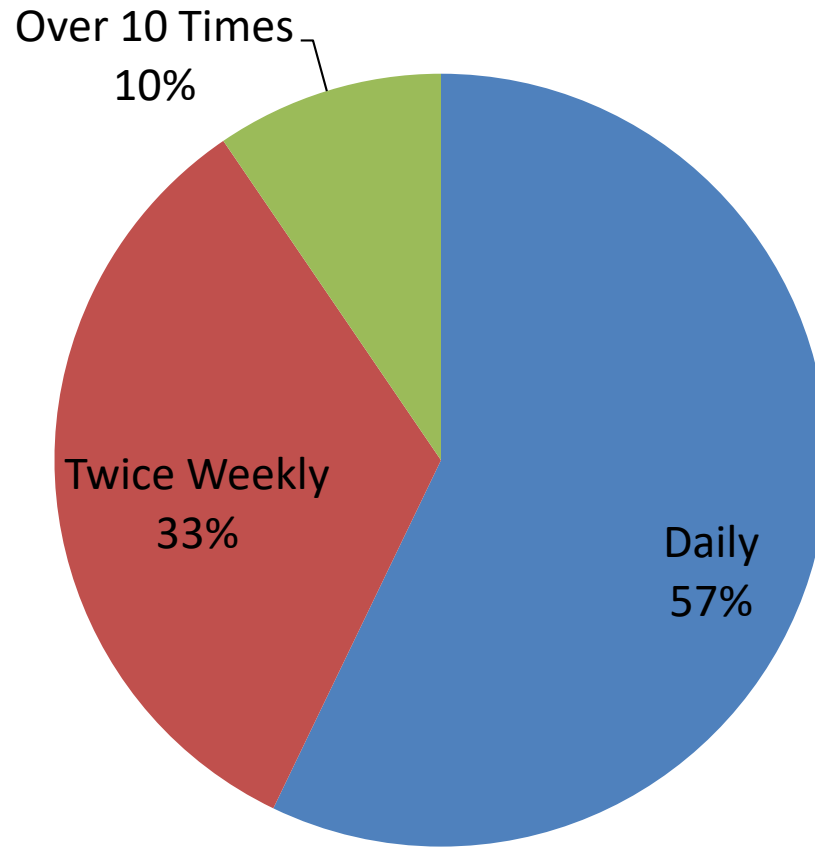
What Skills are most helpful to you?



What was your favourite skill?



How often have you used the skill in the last week



What motivated you to come?

- “Hearing it worked”
- “Change”
- “Hearing about the content.”
- “I needed to change and was willing to do anything to help fix my head.”
- “My family”
- “I want to learn to cope with problems caused by my Autism spectrum condition.”
- “To learn skills to help me deal with my issues”. Realising that other people are there with similar problems and I can relate to them”.
- “ Advice by my GP and wanting to get back to normal”.

What motivated you to come?

- “My parents”.
- “My way of thinking, needed to change”.
- “I needed help and I had done an Aware life skills course and it helped me before.”
- “To change my thinking.”
- “Friends who attended it.”
- “ Talking to Ann and Doctor’s as a reference.”
- “The programme itself. It made me want to get better as I was surrounded by supportive people.”
- “The relevance of the topic”
- “I enjoy being here as it is helping me.”

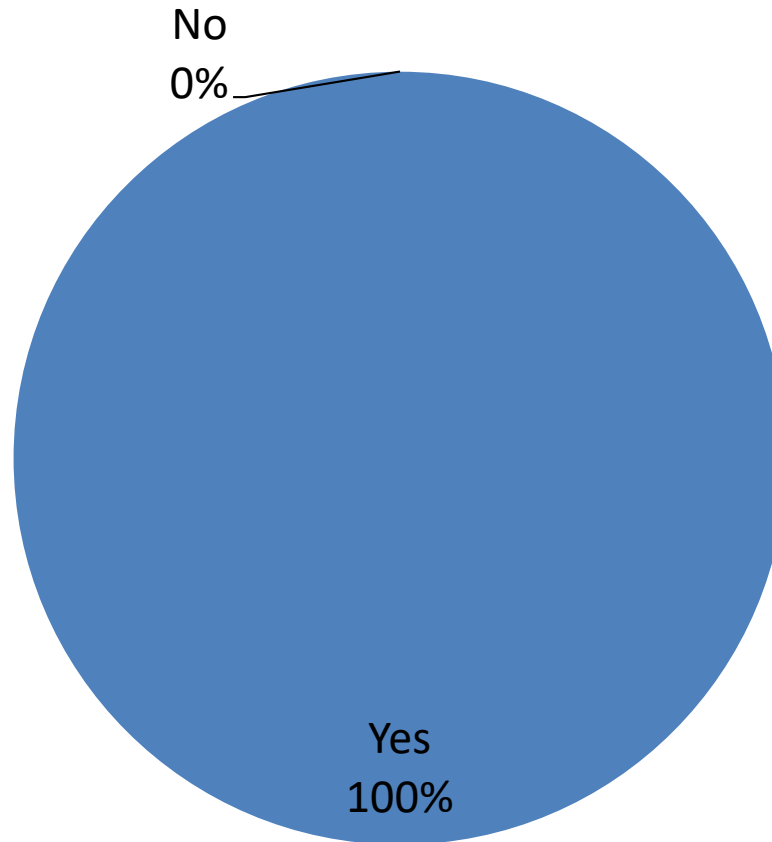
What was your opinion on homework/practice?

- “Needed it”
- “It has to be done”
- “It helped but finding the opportunity to try the skill was difficult”
- “ You get out what you put in”
- “It was useful, when I remember it”
- “ It was necessary and I found out what works for me through doing the homework”
- “Very good”
- “It was helpful but I found it easy to forget”

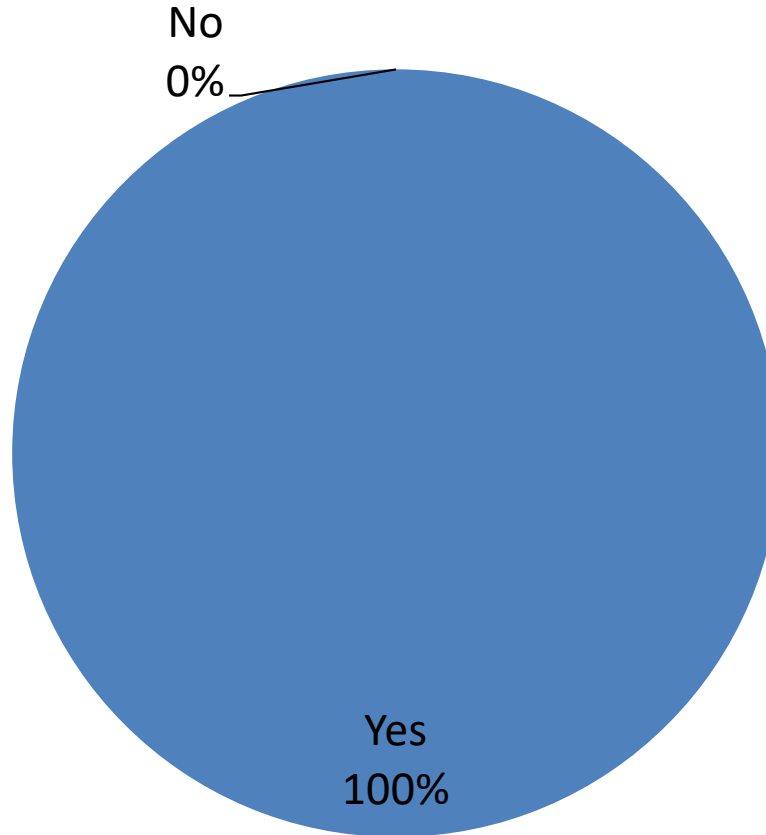
What was your opinion on homework/practice?

- “I always forgot to do it”.
- “To Practice it everyday even if it is uncomfortable”
- “ Very practical and useable”
- “Homework kept me motivated to actually practice the skill”
- “Very beneficial”
- “Home work is much needed if going to use the skill”
- “Didn’t always get time for it”
- “Practical and needed”

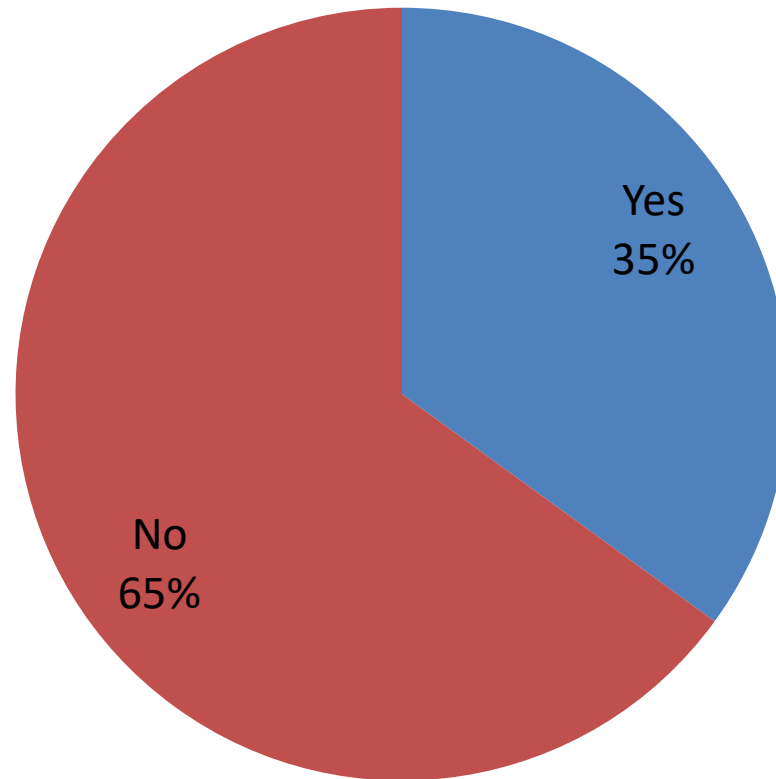
Did the demonstration have an impact on recalling the skills when necessary?



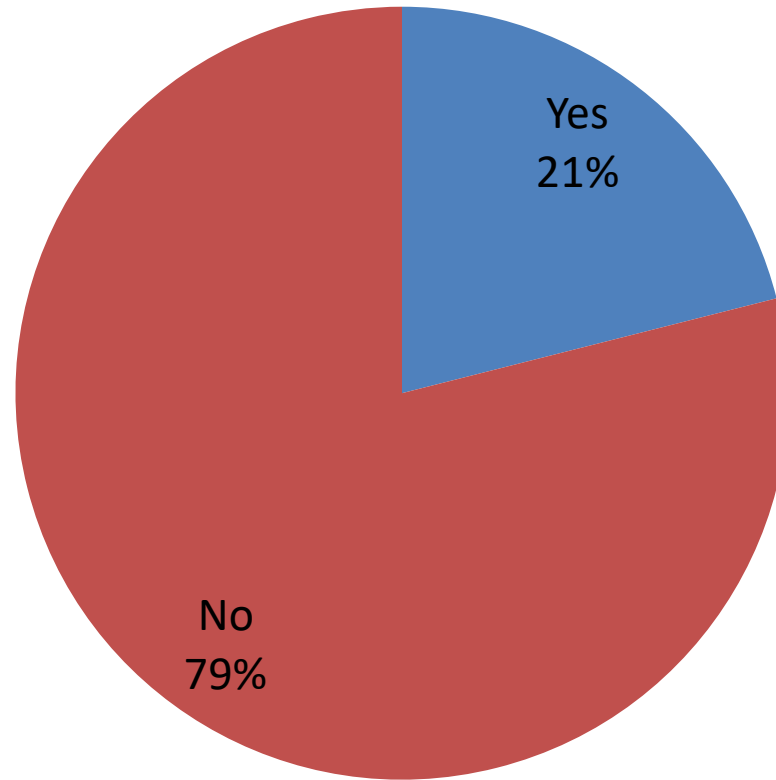
What is the Likelihood of you Recommending the Decider to Another Person?



Do you feel the material could be provided in less than 12 weeks?



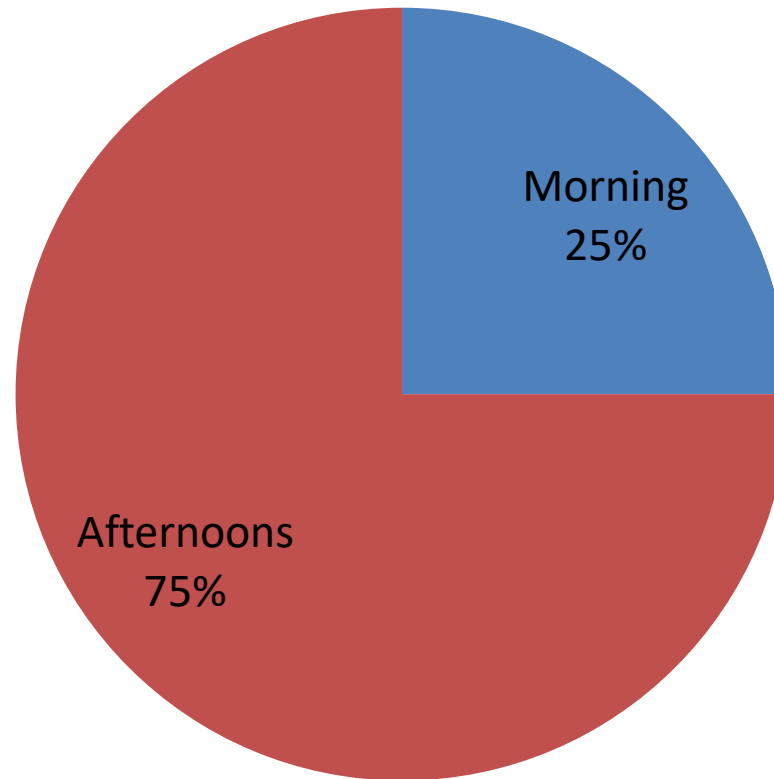
Did you utilise the distress tolerance coach outside the door?



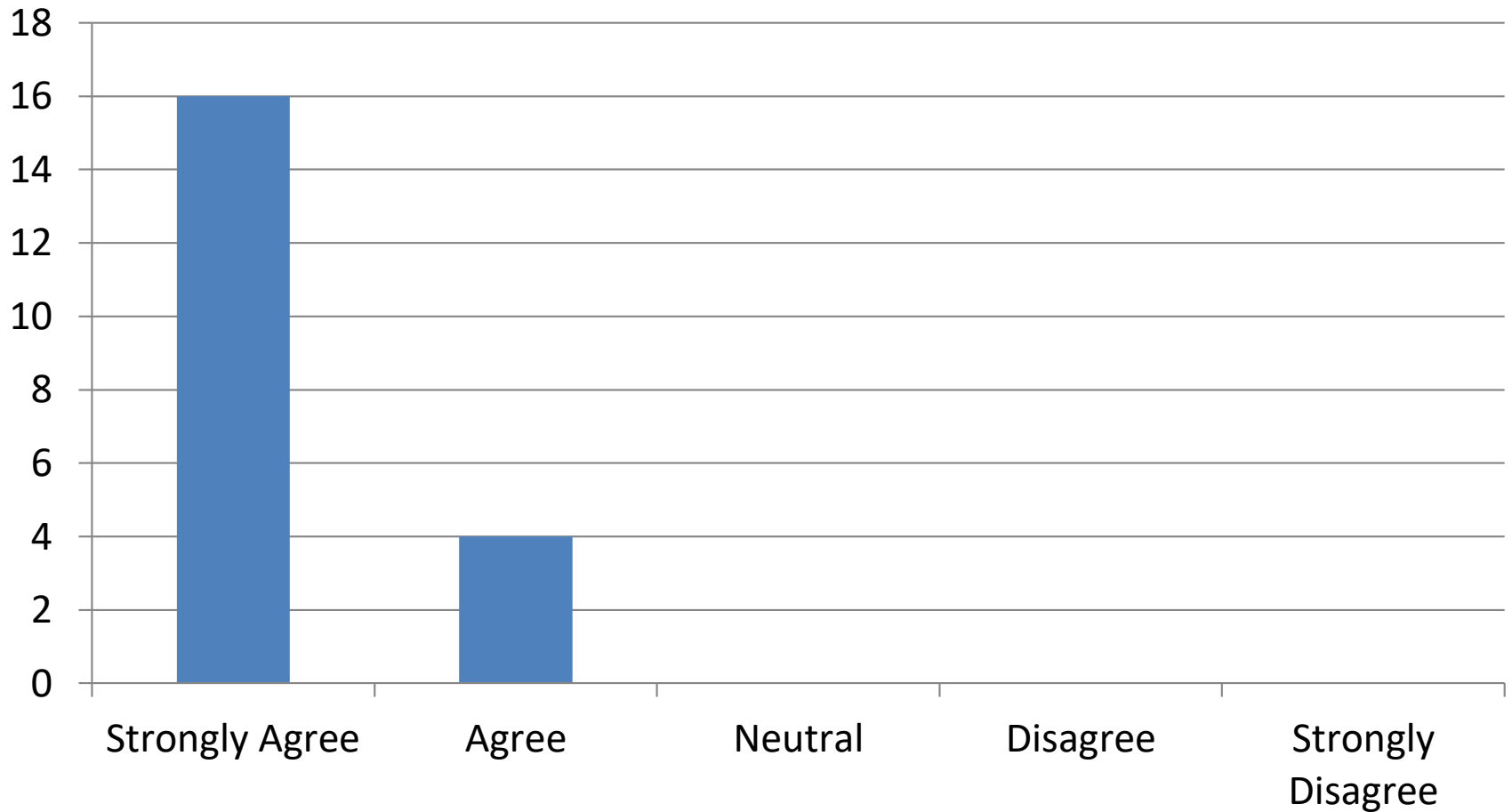
If you did not use the distress tolerance coach, Why not?

- “Didn’t need it”
- “Never felt like I needed it”
- “I am seeing a Psychiatrist and I feel it is enough”
- “I almost did, but the feelings passed”
- “It was offered, but I felt strong enough that I’d be okay”
- “Felt uncomfortable opening up and talking to anyone but I'm ok now”
- “Didn’t feel the need”

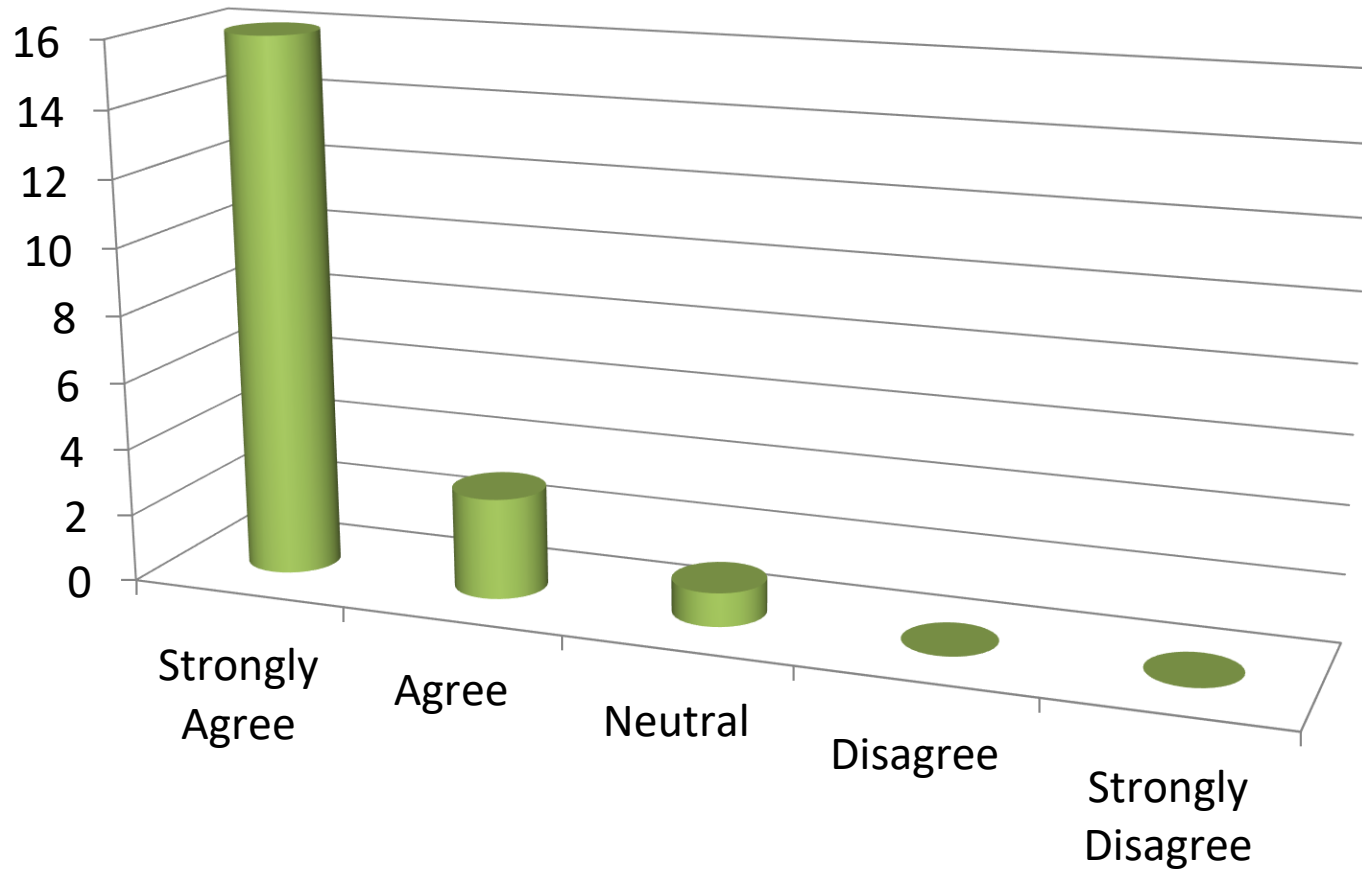
Would mornings or afternoons be better for you to attend future groups?



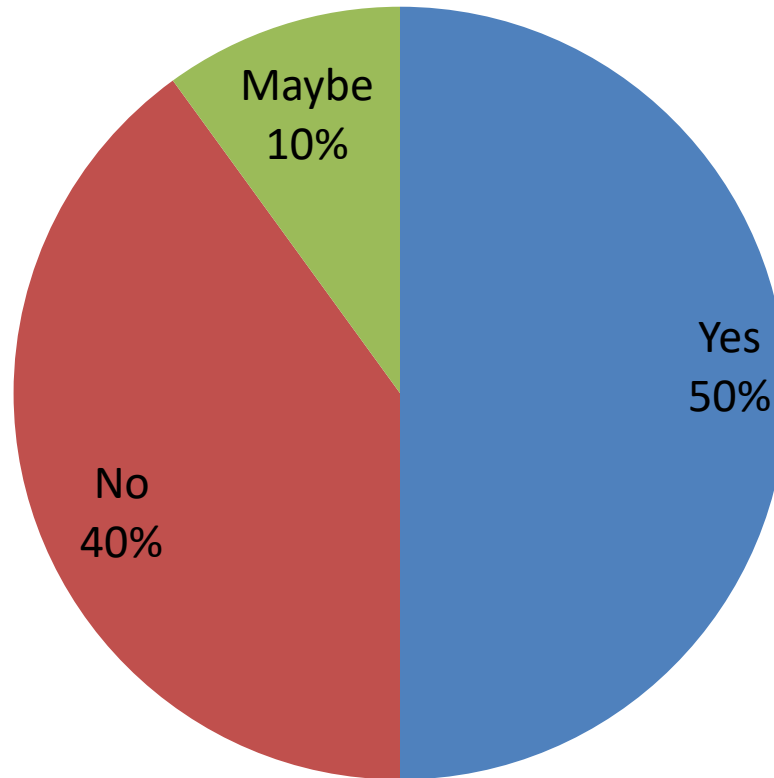
The facilitators were helpful and demonstrated the skills very clearly



Co – production is beneficial and should be utilised in future groups?



Would you take part in a co – production in the future?



Any further comments

- “The Decider Course has been helpful with providing tools that I can use to help lower my levels of anxiety. I found it helpful to know I am not alone in my struggle and that other people have the same problems that I do”
- “Fantastic Course – very easy going atmosphere, all participants very respectful and involved. Recommend it to everyone with or without mental health issues”
- “There has been a very welcoming atmosphere. The skills I have learned I have been using on a daily basis and find it has been very beneficial, I look forward to the rest of the course”
- “I find that the Decider course has changed my life. I have suffered from mental health since I was 13 and I am now 30. I find the skills really helpful; and am coping much better with my issues. I find Ann, Marion and Dr Golden absolutely excellent. I never thought I would ever be in this good a place thank you”
- “Course presented in a very relaxed and clear way. Great tools for tackling my problems, should be part of the leaving cert course”

Evaluation Tool Utilised = CORE 10

- Short 10 item version of the CORE Outcome Measure (34 item generic measure of psychological distress which is considered too long for routine clinical use)
- Measures Global Psychological Distress utilising 10 items
- 6 High intensity/severity and 4 low intensity/severity items
- Items include:
Anxiety/Depression/Trauma/Physical Problems/Functioning and Risk to Self

CORE Results

- Week 01: Attended = 44
Mean CORE average = 24.65
- Week 06: Attended = 43
Mean Core average = 20.95
- Week 12: Attended = 45
Mean Core average = 12.79
- Week 16: Attended = 40
Mean Core average = 05.95

Other Clinical Outcomes

- 09 patients discharged from the service due to non engagement in the service DNA Decider, DNA OPD
- 18 discharges pending at next O.P.D. review due to successful engagement in Decider – patients aware and satisfied with this treatment plan
- 07 more patients to take part in the next co – production, the majority discharged
- Emergency presentations at NCH reduced significantly
- Admissions to NCH significantly reduced
- No reported incidents of self harm during key working, with MDT members or at OPD clinics during medical review
- Two patients were referred directly to Decider in the G.P letter of referral to service – word of mouth
- 48 patients since the running of co – produced Decider were referred to WRAP and directly discharged to primary care
- 7 patients were referred to postgraduate CBT with trained nursing staff and have been or are currently being discharged to primary care
- 165 Nurse/Patient co – produced Decider group placements have been offered

Old Way/New Way

- Decider co – production (1) had a majority of EUPD referrals
- This Co – Produced Decider had a range of mental health disorders including Personality Disorder, Depression, Anxiety, OCD, PTSD, Autism Spectrum, and dual diagnosis ie addiction to alcohol, illegal drugs or over the counter products. The next co – produced Decider will have a rating scale based on disorder i.e Core, BAI, BDI etc to have a clear picture of outcomes for each individual
- Patients struggled to remember attendance dates
- Weekly text messages were sent the day before the group which resulted in much higher rates of attendance specifically noticed in the last refresher session. First co – produced decider 16 attended booster session but with the text alerts for the second co – produced decider 40 were in attendance
- Once Decider was complete the patients were discharged
- Now that WRAP is regularly running patients who wish to attend WRAP as part of their discharge from the service can. 15 service users were referred onto WRAP following this Decider and will be discharged following same
- Postgraduate CBT has been made available to identify individual thought pattern that are effecting recovery and then discharge from service
- Several patients were referred to postgraduate CBT for discharge from the service as this seemed daunting to them. All of those referral resulted in discharge and patients are aware how to be re referred to the service where necessary

What Happened Next.....

- Book Club set up by the patients and ran by the patients fortnightly in the Lincara Centre
- Social club now set up by the patients who meet once a month outside of services
- 15 Co – producer will be rolling out this programme in 2020 or are open to the potential of a rolling group to cut down on waiting times
- We wish to thank everyone involved – most importantly our co – producers, for their support and should you wish for this presentation to be delivered within services our co – producers are willing to be involved in this process
- We will be presenting these findings at our MDT and to senior nurse management
- A non co – facilitated Decider will take place September 2019. it may be helpful to compare outcomes and attendance levels