



The Decider

Winning strategies for mental health

The Problem

Mental health problems are increasing. The effects of stress, anxiety, depression and suicide are impacting our whole society; 1 in 4 of us will be affected by mental health problems every year (Mind). 10% of all children aged between 5-16 have a diagnosed mental health problem – that is 2 or 3 in every classroom (Kessler et al). 50% of all mental health problems are established by the age of 14 and 75% by the age of 18 (Gov.uk). Mental health care has traditionally been reactive. Evidence now supports a proactive, preventative, more positive approach to mental health and wellbeing.

The Solution

The Decider Skills use Cognitive Behavioural Therapy to teach children, young people and adults skills to recognise their own thoughts, feelings and behaviours, allowing them to monitor and manage their own emotions and mental health. The skills were designed to enable participants to make effective changes to help manage distress, regulate emotion, increase mindfulness, promote effective communication and help to live a more skilful, less impulsive life.

How we do it

We have used our clinical expertise and proven strategies to enable both experts and non-experts to effectively teach the skills required to proactively reduce the impact of emotional distress. We have distilled complex psychological theory into highly effective, evidence based skills that are engaging and memorable. The Decider Skills are delivered in an original, fun and creative style, using role plays, props, imagery and music, that makes them easy to learn and easy to teach. The demonstrations bring the skills to life. Our online training, online self help courses, workshops, manuals, handbooks, posters, training videos, apps, online resources and website provide a complete programme that can be adapted to suit a range of organisations and services.

1 in 10 of all children aged 5-16 have a diagnosed mental health condition

1 in 2 of all mental health conditions are established by age 14

3 in 4 of all mental health conditions are established by age 18

Source: Kessler et al 2007

www.thedecider.org.uk

www.thedecider.org.uk

www.thedecider.org.uk

THE DECIDER LIFE SKILLS			
STOPP	IT WILL PASS	RIGHT NOW	
STOPP	IT WILL PASS	RIGHT NOW	54321
NAME THE EMOTION	OPPOSITE ACTION	FACT OR OPINION	
SELF CARE	VALUES	LISTEN	
RESPECT	CRYSTAL CLEAR	REFLECT	
PRACTISE!			

THE DECIDER			
ACCEPT		CHANGE	
DISTRESS TOLERANCE	MINDFULNESS	EMOTION REGULATION	INTERPERSONAL EFFECTIVENESS
STOPP	BREATHE	SELF CARE	THINK
DISTRACT	DO ONE THING	NAME THE EMOTION	OPPOSITE ACTION
TURN THE MIND	THIS MOMENT	FACT OR OPINION	REFLECT
SOOTHE	DRIFT	STEVE OR SPONGE?	CRYSTAL CLEAR
SOOTHE	FACT OR OPINION	BUILD POSITIVE EXPERIENCES	RESPECT
SOOTHE	FACT OR OPINION	ASK or SAY NO	RESPECT
SOOTHE	FACT OR OPINION	MAINTAIN RELATIONSHIP	RESPECT
SOOTHE	FACT OR OPINION	TALK THE TALK	RESPECT
SOOTHE	FACT OR OPINION	END OR MEND	RESPECT
PRACTISE		PRACTISE	

Background

We are cognitive behavioural psychotherapists, who have worked in mental health for over 35 years. We developed **The Decider Skills** in 2010 in response to an identified service need in the adult mental health services in Guernsey for clients with enduring mental health problems. Following an initial pilot study, client experiences were included to develop this structured evidence-based skills programme. The aim was to reduce impulsivity whilst increasing resilience and confidence by learning thirty-two evidence-based skills based on Cognitive Behavioural Therapy (CBT) and Dialectical Behavioural Therapy (DBT). Participants presented that the lack of early skills training in how to recognise and manage their own emotions and mental health meant they had formed unhelpful habits in their thinking, feeling and behaviour, which maintained their mental health problems.

Development

We are always responsive to feedback from our users. The Decider Life Skills (12 skills simplified version) was developed as a proactive and preventative approach for children, young people and adults in education, health, work, charity, prison and social settings. Feedback from teachers prompted the development of The Decider Skills Good2Go. This includes young people teaching children the skills via videos as a whole school approach. The Covid 19 pandemic prompted creative solutions for remote working and learning with our Online training and Online Self-Help courses, online resources and free webinars.

Progress

The Decider Skills model is proving to be a successful one, effective as a proactive approach to mental health, a waiting list intervention and/or part of a treatment plan and forming a core foundational skillset for all clinicians, clients and carers. The Decider Skills are spreading worldwide to New Zealand, Canada, Bermuda and especially in the UK and Republic of Ireland and extensively by the following Trusts and Organisations: **NHS Trusts: Highland, Fife, Forth Valley, Lothian, Grampian, Ayrshire & Arran, Western Isles, Tayside, Leicestershire, Lancashire and South Cumbria, Tees, Esk & Wear Valleys.** HSE Ireland, Barnardos, Action for Children, Youth Connections, Mind, many UK local councils and schools.

What people say...

"There is a great appetite for this training. We have incorporated The Decider Skills into our whole service with excellent feedback. I think more and more people are realising that we need to up-skill people to manage their own health and lives otherwise the situation for healthcare is hopeless."

Dr Tim Agnew Consultant Psychiatrist and Psychotherapist NHS Highland

Find out more www.thedecider.org.uk email@[thedecider.org.uk](mailto:the@thedecider.org.uk)
We welcome all enquiries to talk in person or by phone.