

the decider

Infosheet

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.

Our Mission - 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 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. Manuals, handbooks, posters, workshops, training videos, apps, website, online resources and training 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

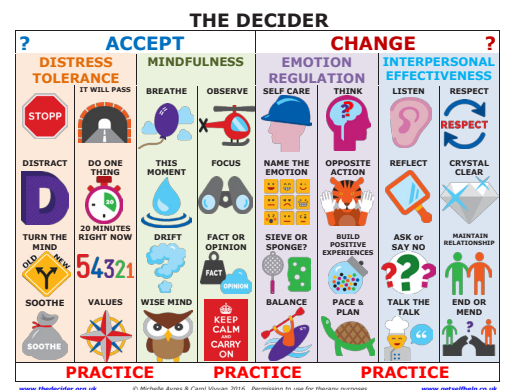


3 in 4 of all mental health conditions are established by age 18



Source: Kessler et al 2007

www.thedecider.org.uk



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www.getselfhelp.co.uk

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. 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

Using feedback from our users, we adapted and simplified 12 of the 32 skills into **The Decider Life Skills**, a proactive and preventative approach for use in education, home, health, work, charity and social settings. Feedback from teachers prompted the development of **The Decider Life Skills Good2Go**. This includes children teaching children the skills via videos as a whole school approach.

Progress

The Decider Skills are being used extensively in Guernsey by adults, young people and children. The model is proving to be a successful one. The Decider Skills are being used widely, especially in the UK and Republic of Ireland and extensively by the following organisations:

- NHS Highland - NHS Fife - NHS Cumbria - NHS Forth Valley - NHS Lothian
- Barnardo's - Youth Connections - Mind

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.

