

FROM REACTIVE TO PROACTIVE MENTAL HEALTH THE DECIDER LIFE SKILLS

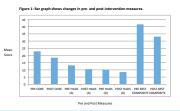
www.thedecider.org.uk

THE DECIDER ACCEPT **CHANGE** DISTRESS MINDFULNESS **EMOTION** TOLERANCE IT WILL PASS REGULATION DISTRACT - 20 MAINTAIN TURN THE **5432**1

RESULTS - Adult Mental Health

The Decider Skills (32 skills) were delivered to 5 groups over 12 weeks. HADS, CORE 10 and BEST measures were taken at Week 1 and repeated at Week 12. 50 participants who completed all 12 sessions were included in the study. Results: Scores clearly decrease from pre to post measures. This result provides evidence for the effectiveness of The Decider Skills Group at clinically reducing symptoms such as global distress, anxiety and depression.





Participant feedback: 'I wish I had been taught these skills when I was young!'

Kessler et al 2005 50% of mental health problems are established by age 14 and 75% by age 24 so the rationale for early intervention is strong

The Decider Skills were originally developed in 2010 in response to an identified service need in the adult mental health services in Guernsey.

Following an initial pilot study, participants' experiences were included to develop a structured evidence-based skills programme.

The aim was to reduce impulsivity and increase resilience and confidence by learning thirty-two evidence-based skills based on cognitive behavioural therapy (CBT) and dialectical behaviour therapy (DBT).

The skills are designed to enable participants to make changes to help manage distress, regulate emotion, increase mindfulness and effective communication.

The skills are delivered in an effective, fun, and creative style that makes them easy to learn and teach.

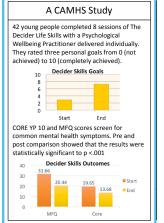
Participants recognised that the lack of early skills training in how to recognise and manage their own emotions and mental health meant they had formed unhelpful habits in their thinking, feeling, and behaviour, which maintained their mental health

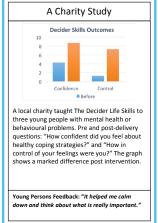
This prompted the development of an adapted and simplified twelve skill version entitled The Decider Life Skills, as a proactive approach for use in education, home, health, work, and social settings.





Mental Health Foundation 2015 recommends the development of skills that can help people manage and gain greater control over their life





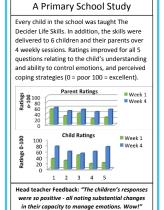
A Secondary School Study

Teachers attended a one day workshop to learn The Decider Life Skills and how to teach the skills to students. The skills were taught in activities week and are embedded in the culture of the school; posters displayed in all classrooms, on the message boards and in yearly planners. Parents and carers also attended a presentation evening. A common shared language has developed between the school, students and home.

205 students completed the SDO pre and post delivery of the skills. Results are 0.1 away from being statistically significant (t(204) = 1.85 p=.066) which may be due to the highfunctioning, non-clinical cohort.

Results highlight the positive impact of The Decider Life Skills.

Teacher Feedback: "An excellent course, I feel emotions and how to handle life's stresses^a



CORE 10 Core System (2006) Core IMS website: CORE System Trust and Core Information Management Systems Ltd Kessler RC, Berglund P, Demler O, Jin R Merikangas KR, Walters EE. (2005). Lifet Prevalence and Age-of-Onset Distribution of DSM-IV Disorders in the National Comorbidity Survey Replication. Archive General Psychiatry, 62 (6) pp. 593-602. doi:10.1001/archpsyc.62.6.593 in Fundamental Facts about Mental Health (2015) Mental Health Foundation

Frederick Douglass: 'It is easier to build strong children than it is to fix broken adults.'