

THE DECIDER LIFE SKILLS

A 3 hour workshop for secondary & primary care referrals and waiting list clients.

55 clients and 23 staff completed questionnaires after attending 5 x 3 hour workshops of The Decider Life Skills during 2016

- 9 clients on 12 January
- 11 clients and 5 staff on 8 March
- 10 clients on 16 May
- 14 clients and 11 staff on 18 July
- 11 clients and 7 staff on 13 September

The questionnaire at the start and end of the workshop:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I have effective coping strategies					
I can effectively challenge unhelpful or distressing thoughts					
I can step back (distance / defuse from) from upsetting thoughts					
I can DO something different to help me cope					
I can use effective coping strategies					
I feel confident that I can deal with distress					

The additional question at the end of the workshop:

	Strongly disagree	Disagree	Neutral	Agree	Strongly Agree
In this workshop/course, I have learned skills that I can use to help me manage my difficulties					

We rated the responses on a Likert scale of 1 (strongly disagree) to 5 (strongly agree).

CLIENTS

Month	Start of workshop	End of workshop	Workshop rating	Clients
January	127	193	36	9
Average	14	21	4	
March	171.5	238	46	11
Average	15.6	21.6	4.2	
May	152	219	42	10
Average	15	22	4.2	
July	185	288	55	14
Average	14.2	22.2	4.2	
September	134	213	45	11
Average	12.2	19.4	4.1	
TOTALS	769.5	1151	224	55
Average	13.9	20.9	4.1	

STAFF

Staff included mental health professionals, GPs, school nurses, social services staff, voluntary workers, school teachers, dentists, general nurses, social workers, occupational therapists, educational psychologists etc.

Month	Start of workshop	End of workshop	Workshop rating	Staff
January				
Average				
March	112	138	24	5
Average	22.4	27.6	4.8	
May				
Average				
July	208	292	52	11
Average	18.9	26.5	4.7	
September	140	174	32	7
Average	20	24.9	4.6	
TOTALS	460	604	108	23
Average	20	26.3	4.7	

Written feedback:

- A very informative workshop. Thank you.
- Thank you! This is a very helpful workshop to help explain the skills that people can use when they're feeling the fizz. It would be great if you could run courses like this in primary school, especially now the new curriculum is addressing mental health and wellbeing.
- Have found this very useful but not totally relevant in coping with anxiety and ways to do so, more relevant to anger and stress. But overall will be used in my day to day life. Very entertaining too!
- Not sure how much I'll be able to remember.
- A very inspiring, entertaining workshop. Very informative. Thank you.
- Thank you. The course was very interesting. I came to support my friend as she felt I needed the course as well. And I did. Thank you again.
- Thank you very much... a thought provoking workshop ...I shall visit the website. Thanks again for all the energy you put into today's presentation.
- Just a big thank you.
- Thank you so much for this course. I was very anxious about coming but am so glad I did. It was a serious topic presented in a fun way which will definitely help me with my emotions.
- Very informative and interesting course. I will admit I was sceptical at first but I feel that if I implement these actions it will help me greatly.
- Although this workshop was very good, because I have been so mentally unwell for so long without any help, I have already started doing a lot of these myself. I think if anything this has made me realise how far I have come and how proud I am of myself!
- I have heard about the skills but only briefly, this has deepened my understanding though I think they should be taught sooner.
- Very helpful in a light-hearted and comical manner!
- Immediately, I don't believe huge amounts have changed, I do however believe that with some time to practise these skills, I may be able to make these a natural part of my thought processes. I do feel with time it will help.
- I am hopeful, however until I have had the chance to use these skills I do not know how well they will work, but am eager to try.
- I am 37 and for the past 20 years I never thought I could change. This has given me hope. Thank you.
- This was really helpful – I thought of lots of everyday examples where I could be using these skills to manage better. Thank you.
- Was a great way to get the 12 skills across. Acting out each skills really makes a statement.
- Personable and informative course. Many skills which I use with my service users and some which I have not but now will! Relaxed environment and delivered with great effect.
- Very useful personally and also I can see many ways I can use it with the people I work with.
- I like the way it was set out
- A well presented course that delivered the information clearly
- Easily understandable. Easy to know when to use. Enjoyed a lot. Many thanks.

- I can now name my emotions better. It was too long, lost interest, not enough breaks.
- Very good. 3 hours about right. Make very clear: no need to discuss or icebreak etc.
- Skills focused on responding to situations but I often don't know what I'm responding to and seem to get "panic" symptoms in my sleep – not sure how to apply.
- Very informative, a big eye opener. There is a lot I can take away from this and learn about myself and how I can to change for the better.
- Very interesting. Time for workshop about right.
- Really helpful workshop.
- Offer the weekly course for people that need extra. If you can't get into schools maybe do an open one for young people
- Very beneficial workshop. This would have helped a lot earlier in my mental health journey, prior to each crisis. Very engaging, dynamic lecturers/teachers. As well as mental health nurses, I think "general nurses" for their own practice would benefit from this brief workshop.
- Thank you for giving me time to open my mind to the skills that I forgot.
- If you offer more in depth classes or any one-to-one sessions I think I could benefit from. I started doing Decider skills on the ward with my key worker but then it stopped. Today's course was really great, I was really anxious about coming but it was really relaxed and fun.
- Very useful tools to enable me to think before taking actions. Will help me to build on my values and break cycles where previously I may have acted on impulse. Thank you. Very thought provoking.
- Really useful and valuable – found some of the role plays/music a little unnecessary but that is very much an opinion not a fact and I'm very clear that everyone is different and responds differently. Great stuff.
- This strikes me as an excellent, accessible, non-threatening presentation of vital life skills, valuable to professionals and individuals in need. It is applicable to a wide age group, and level of education, and promotes confidence in your own ability to cope. I wish all families could experience this!