

# Mental Health Training for Carers

## Report from Course delivered June 2023

This **FREE** course is for carers (supporters) of people with mental health needs living in Somerset

**To support carers to create a supportive space for people with a mental health need and their supporters.**

Supporters who come on the course have usually been caring for over a year and are looking to enhance the way they provide support. The training consists of four sessions of three hours for family and friends supporting someone with a mental health need.

KS2 Carers group commissioned the training which was developed by St Mungo's in collaboration with KS2 carers and Avon & Wiltshire Mental Health Partnership (AWP).



It is delivered by St Mungo's Building Bridges service in collaboration with a carer and Somerset NHS Carers Assessment team. The training had 10 participants and took place in Somerton.

The four sessions are:

### **Understanding mental health challenges**

An opportunity to explore what it can be like to experience mental health challenges and how mental health needs can impact on people's behaviour.

### **Conflict and crisis**

Reducing and managing conflict and crises with the person you support.

### **Support people with mental health needs to make changes**

To explore some of the challenges of supporting people to make changes and introduces some techniques for working with change.

### **Learning, reflecting and support**

To be better able to establish clear boundaries, positive communication and relationships.

**Dates were :** 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> June & 6<sup>th</sup> July 2023

**For more information about the training:** [www.bridges2wellbeing.co.uk/carers-training](http://www.bridges2wellbeing.co.uk/carers-training)

## How did you hear about the training?

Through carers involvement group

Through Carers Assessment Team/worker x 3

Through my Mum

Through my friend

Carers support group - Yeovil

Step team

## What I wanted from the course

- A way to help others and keep myself safe and also not be worn out
- To be able to say no
- Help the person I support and manage my emotions (not get so angry) when they do stuff
- To speak to others in a similar situation who understand
- Learn strategies etc that will help
- To understand what it is like to hear voices and what they are going through – To then be able to offer the best possible support
- Time for me and to find myself
- Strategies on how best to care
- To enable the person I support to have more empathy for others and understand the impact they have on others
- To change the support I give to my daughter. To stop giving advice
- Not to feel guilty when I get angry
- How to deal with challenges
- Better understanding of mental health x 3
- Learning strategies to help myself feel less stressed, more able to cope
- To be a better carer
- To be more confident in my advice/care
- Understand how to react to my grandson who suffers from mental health
- How best deal with situations that arise as my husbands dementia deteriorates

## Participants said about the course:

**You meet like-minded people who understand what you are going through + learn techniques**

**It was very good + valuable**

**Very informative and useful**

**A very valuable course & well worth taking if the opportunity arises**

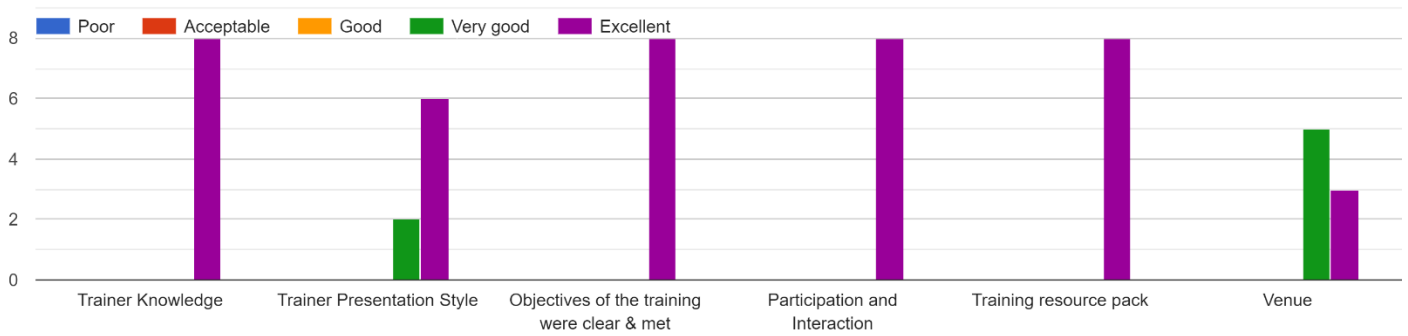
**Understanding mental health, how best to support your loved one but mostly how best to care for yourself.**

**It gives you the confidence to know you are are doing a good job**

**Very helpful, good strategies**

**Easy to remember so applicable**

How would you rate the following?



## Most useful/valuable

- Talking to others / peers
- Sharing experiences and ideas
- Understanding concepts to help communicate to our loved ones
- Skills to apply to future
- Confirming what knew
- Improving areas not so sure on/skills
- Taking focus off loved one and focusing on self-care
- Recognition I am important too
- Not feeling alone
- Lessening guilt
- Changing approaches
- Ideas and strategies
- Wellness action plan
- The work book
- Empowerment triangle x 3
- Stages of change model
- Playfulness, Acceptance, Curiosity, Empathy (PACE)
- Parent / Adult / Child - TA model
- Learning and reflecting on: Wellness Action Plan, Stress bucket, Empowerment model
- Gibbs Reflective cycle
- Stress bucket
- Listening skills

## What I really liked about the course

- Made me feel included, to extend my knowledge regarding mental health
- Very informative and useful ideas and strategies.
- Listening to others
- Very informative
- Meeting others in similar circumstances
- The interaction within the group so that you do not feel alone and very often while comparing other peoples situations yours does not seem so great
- Connecting with others
- Sharing experiences & learning more about supporting my loved one AND ME!!
- Made me a more confident carer. Knowing I was helping and not hindering
- Helpful theory
- Neat booklet

## Least Useful / changes

- A lot to take in, more time needed
- Nothing
- I was happy with all aspects of the course
- Being a longer course x 2
- Run over more weeks please
- More time on each section

## What I will do next or differently

- Put some of the models from the course on the fridge as a visual aid / reminder
- To ask more open ended questions x 4 (Learn to & try to)
- Keep meeting as a group
- Time for self
- Give boundaries
- Nothing
- More learning
- Connect with others
- Look after myself more
- Create routine for self
- Do more exercise
- Give less advice and have more discussions
- Listen better
- Support others better
- Keep the balance
- No Quit

## Other training I would like as a carer/supporter

- To be able to ask questions to my mental health relative
- Open to ideas - do you have a news letter via email
- Yes please stage 2 of this course

## Other support I would like as a carer/supporter

- I do have support from mental health services
- Professionals to listen
- Professionals to listen to family
- Regular meet up with group
- I feel well supported at present
- Active carer group in Somerton

Participants were asked the following questions pre and post course. These were there answers

### 1. I feel confident in my approach to caring/supporting someone struggling with their mental health

	Pre Course	Post Course
Rarely	1	0
Some of the time	6	1
Often	2	6
All of the time	1	1

### 2. I feel confident communicating with my loved one about their mental health and lifestyle

	Pre Course	Post Course
Rarely	4	0
Some of the time	4	1
Often	1	6
All of the time	1	1

### 3. I feel confident dealing with challenging behaviour (i.e., aggression, self-harm, anger, destructiveness, disruptiveness)

	Pre Course	Post Course
None of the time	2	0
Rarely	3	1
Some of the time	2	2
Often	2	5
All of the time	1	0

**4. I support the person I care for to be as independent as possible (encouraging, rather than doing for).**

	Pre Course	Post Course
Rarely	1	0
Some of the time	4	0
Often	4	6
All of the time	1	2

**5. I apply different approaches/models to my caring role? e.g., cycle of change, Maslow's hierarchy of needs, SMART planning, WRAP plan.**

	Pre Course	Post Course
None of the time	3	0
Rarely	3	1
Some of the time	2	5
Often	2	1
All of the time	0	1

**6. I feel confident that my role as a carer has a positive impact on the person that I support**

	Pre Course	Post Course
None of the time	1	0
Rarely	3	0
Some of the time	4	3
Often	2	4
All of the time	0	1

**7. I feel able to cope in the ups and downs of my caring role**

	Pre Course	Post Course
None of the time	1	0
Rarely	1	0
Some of the time	5	2
Often	3	5
All of the time	0	1

**8. I feel confident seeking and obtaining professional help in times of crisis**

	Pre Course	Post Course
None of the time	1	1
Rarely	2	0
Some of the time	4	3
Often	3	2
All of the time	1	2

**9. I have opportunities to talk to others about my feelings and reflect on my role as a carer**

	Pre Course	Post Course
None of the time	0	1
Rarely	2	0
Some of the time	3	2
Often	4	3
All of the time	1	2

**10. I feel alone in my caring role**

	Pre Course	Post Course
None of the time	1	3
Rarely	1	3
Some of the time	4	1
Often	4	1
All of the time	0	0

**11. I do things for myself to protect/improve my own mental health and wellbeing**

	Pre Course	Post Course
Rarely	0	0
Some of the time	4	0
Often	6	5
All of the time	0	3

**12. I have a good balance between looking after myself (physical and emotional needs) and the person I support**

	Pre Course	Post Course
Rarely	2	0
Some of the time	3	0
Often	5	5
All of the time	0	3

**13. I've been feeling good about myself**

	Pre Course	Post Course
Rarely	0	0
Some of the time	7	3
Often	2	3
All of the time	0	2

**The next course**

TBC

**For more information:**

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