Lessons From the Front Line
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Mind Cymru
for better mental health
a blaid gwel iechyd meddwl

Ariannir gan
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Aims

• Why this study?
• Methods
• Results
• What does this mean to us?
• What’s next?
Why am I doing this study?

• The ‘missing pieces’
  • Early relationships
  • Resources difficulties
  • Joined up working
The Question:
What can we learn from non-health 3rd sector staff delivering early perinatal mental health interventions (that can help us build worker capacity)?
Methods

• Qualitative
• In-depth, semi-structured interviews (n=8)
• Thematic analysis
• To follow – grounded theory
Results of thematic analysis

• Positive experiences
• Negative experiences
NEGATIVE EXPERIENCES

• Getting a group together is a challenge eg; childcare provision

• Facilitating a group effectively is a challenge eg; quiet ones, over sharing etc

• Inadequate supervision for de-briefing

• Mixed support from statutory services
Positive experiences

• Altruism and reward: giving back not expecting a reward but also building self esteem, feeling good to help others’, ‘given me my mojo back’, using their lived experience to help others.

• Curriculum was very easy to use and workers had the confidence to adapt it.
Positive experiences

• Recognition that the curriculum was not a means to an end. It was the whole group process was what created change.

• The recognition that the group entered into a therapeutic process not a training session.
Suggested implications for us

- How do you define intervention?
  - The group process?
  - The curriculum?
  - The worker?
Suggested implications for us

• How do we evaluate?
  • The group process?
  • The curriculum?
  • The worker?
Suggested implications for us

• Sharing resources?
  • Training?
  • Talking?
  • Joining up?
  • Building trust?
Summary of lessons learned from themes

- Examining ‘intervention’ and what it means in our services
- Helpful and useful evaluation and outcomes that shape our services
- Putting in time to sharing resources to capacity build
What’s next?

- Grounded Theory
- Focus Group
- Discussion
In Conclusion
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