

## Let's Get Serious about Psychological Therapies

**Christine Wilson & Frank Kitt**  
*Hafal's Expert Leadership Panel*

Canolfan Dysgu **hafal** Learning Centre





Check out our dedicated news and info site: [mentalhealthwales.net](http://mentalhealthwales.net)

## Welcome to Hafal

We are Wales' leading charity for people with serious mental illness and their carers. Covering all areas of Wales, Hafal is an organisation managed by the people we support: individuals whose lives have been affected by serious mental illness.

Underpinning our services to clients is our own unique Recovery Programme. Based on modern principles of self-management and empowerment, this programme offers clients a methodical way of achieving recovery by focusing on improving all areas of their life.

Updates via email

Sign Up



### Recovery

Hafal's Recovery Programme is a modern approach to dealing with mental illness and encourages you to take a "Whole Person" approach to your life.

Find out more



### Support Us

You can support our work by becoming a Member, volunteering, or by donating or leaving a gift to Hafal.

Get Involved



### Local Area

Hafal operates in all of the following 22 local authority/Health Board areas across Wales. Find out about the services available locally to you in your area.

Your Area

## Publications



## Tweets

### Our Tweets

#Halloween comes early to @Hafal. Forthcoming <http://t.co/PSRDGL7j0>

1:43pm - 28 Oct '14 - 1 hour ago

Follow @Hafal

ar gyfer pobl  
gydag afiechyd  
meddwl difrifol

# hafal

for people  
with severe  
mental illness

Established in 2003, Hafal is Wales' leading charity for people with serious mental illness, their families and carers.

Serious mental illness including schizophrenia, bipolar disorder and other diagnoses which typically involve long-term care and treatment.

Hafal supports over 1900 people every week (service users and carers), and has a membership of over 1500.



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4 replies 1 retweet 1 favourite

1:43pm - 28 Oct '14 - 1 hour ago

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### Publications



We provide a variety of services across Wales. These include:

- Housing services,
- Employment training,
- Befriending,
- Early intervention support,
- Resource centres,
- Inpatient advocacy,
- Family support and Carers' respite services, and
- Criminal justice services.





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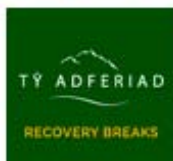
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Hafal's objective is to empower people with serious mental illness and their families to:

- Achieve a better quality of life
- Fulfil their ambitions for recovery
- Fight discrimination
- Enjoy equal access to health and social care, housing, income, education, and employment.

We also campaign vigorously through research, publications and media work to improve services for clients and families, and to remove the stigma associated with mental illness.



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for recovery  
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Some examples of our recent campaigns include in 2014  
“Let’s Get Physical!”



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Last year, 2015 - "All Together Now!" Designed to tackle loneliness and isolation through music.



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**THE BIG  
CARERS'  
TEA BREAK**

This year we have the “BIG Carers' Tea Break”. This will support and engage carers of people with a mental illness. The launch is in Cardiff on 12th May 2016 at the WMC. The campaign is supported by Hafal, Bipolar UK, Diverse Cymru, Carers Wales and Crossroads Mid and West Wales.



## Introducing the Care and Treatment Plan

If you live in Wales and you are receiving secondary mental health services - for example from a psychiatrist, community psychiatric nurse, social worker or other member of the Community Mental Health Team - you now have a legal right to a Care and Treatment Plan.

A Care and Treatment Plan is a formal plan which you can use to set goals in all areas of your life. Your Care Coordinator will meet with you to write the Plan. While the Care Coordinator will fill in the Plan you should expect to have a say on what goes in it at every opportunity. The Plan will be reviewed at least once every twelve months.

There is a standard Care and Treatment Plan which is used across Wales. It looks like this



The diagram opposite shows each of the life areas covered by the Plan.

If you are not a secondary service user then you will not have a Care and Treatment Plan. However, looking at the eight life areas and making a plan is still a useful thing to do.



Hafal develop a wide range of useful publications including our Care and Treatment Planning guide. We have distributed a total of 50,000 copies. It has also been downloaded over 20,000 times from our website.



<http://www.hafal.org/wp-content/uploads/2016/04/CTP-Guide.pdf>







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## In 2013 Hafal formed it's Expert Leadership Panel (HELP)

- Knowledgeable and talented service users, carers and professionals
- Utilising direct experience to support Hafal's campaigning & development of service delivery.
- Influence national issues
- Develop and deliver training
- Provide consultancy
- Work with the media
- Review services
- Contribute to research
- Undertake evaluations
- Identify excellence





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## A Big Issue

- Personal experiences of Hafal members & clients report the great benefits of talking therapies as part of a recovery process, a reality supported by wider quantitative studies.
- Yet Hafal's clients report difficulties/delays in gaining access to these services.
- What are the costs to the individual, the community and the country, in terms of delayed/obstructed recoveries?





LOTTERY FUNDED

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## Let's Get Serious about Psychological Therapies

An initiative developed by **HELP** to improve Wales-wide information about psychological therapies & their availability. Receiving £204k from the Big Lottery People and Places programme to;

- Promote access and raise awareness of evidence-based psychological therapies (PT) as part of a treatment for people in Wales with serious mental illness.
- To collate, process, analyse data & map regional service availability/quality across Wales.





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## Let's Get Serious about Psychological Therapies

With the help of this new funding we will develop;

- user-friendly guides and online resources about talking therapies,
- a new training programmes.
- Undertake research and campaigns to ensure that improving access to talking therapies is prominent on the national agenda.





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## Let's Get Serious about Psychological Therapies

Activities & services include developing:

- A Psychological Therapies Centre of Excellence Observatory;
- Advocacy training for SU, carers and Hafal staff;
- User-friendly guide about PT: designed for and by SU/carers;
- Dedicated web pages and an online forum;
- A training programme for professionals to up-skill staff to work with our client group linked to the Welsh Matrix.





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## Let's Get Serious about Psychological Therapies

Continued

- PT service data (scoping and mapping)
  - from each Health Board, clients & carers.
  - information available on dedicated web pages: including regional contact points and detailing of PT waiting times.
  - provide LHBs with user and carer feedback about the therapies provided.
- Collaborate with others to develop alternative models for the delivery of psychological therapies in Wales;
- Establish strong links with PT professionals, & professional bodies to promote access to PT for people with serious mental illness.





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Hafal's first publication in the series. A straight-forward guide to talking therapies. It includes;

An interview with Dr. Andrew Reeves, Chair, British Association for Counselling & Psychotherapy (BACP);

Details of the National Centre for Mental Health's (NCMH) Bipolar Education Programme & a brief overview of talking therapies.

Links are being built with interested organisations e.g. we have established "We Need to Talk Wales" / "Rydym angen siarad Cymru"





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## Let's Get Serious about Psychological Therapies

For more information  
Please contact

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[www.hafal.org](http://www.hafal.org)

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