

Whole System Working

- Exercise

Part of a Whole Life approach is ensuring that services provide support that enhances community integration and avoids segregating people who use Mental Health services.

As a team, it is important to have a good awareness of the local supports available to you and your clients and to establish good working relationships with them, providing reciprocal support and advice in partnership. There is a wealth of expertise and opportunity within local communities that are able to provide consistent, long term resources to your clients and your team.

This exercise enhances awareness of local supports and identifies ways of improving use of local community resources.

Activity 1

As a team, brainstorm and write on flip chart paper all the community resources you currently actively engage with.

Activity 2

Now brainstorm a list of community resources you do not actively engage with, but would be of benefit to your service users and team.

Activity 3

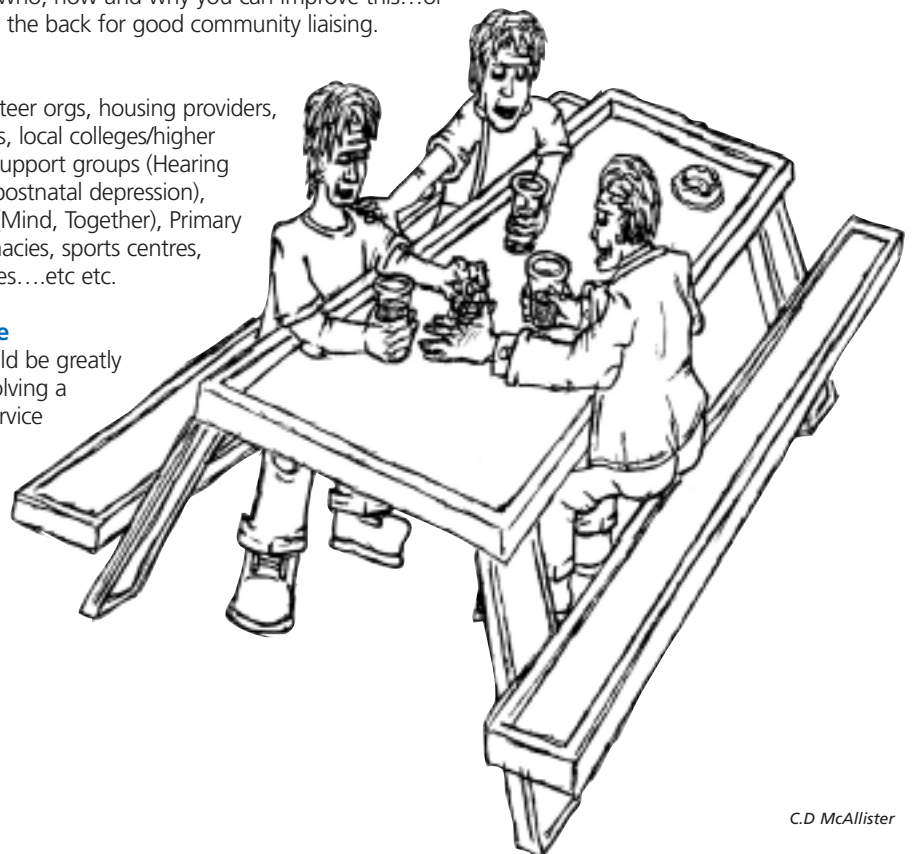
Discuss as a team what you notice about what you have come up with. Which resources do you draw on regularly and why is that? Decide a plan of who, how and why you can improve this...or pat yourselves on the back for good community liaising.

Think about

Job centres/volunteer orgs, housing providers, faith communities, local colleges/higher education, local support groups (Hearing Voices network, postnatal depression), Voluntary sector (Mind, Together), Primary care (GPs), Pharmacies, sports centres, community centres....etc etc.

User perspective

This exercise would be greatly enhanced by involving a small group of service users or carers as their opinion is of course paramount.



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This exercise is one of a series published in the Whole Life Workbook (Eastern Development Centre 2009). Exercise developed by Tanya Kennard-Campbell.