

## MECC for Mental Health

### Course Outline

#### Introduction

Making Every Contact Count (MECC) is an approach to behaviour change that is based on the recognition that staff working across health and care organisations along with their local authority and voluntary partners, have thousands of contacts every day with individuals and are ideally placed to promote health and healthy lifestyle. MECC for Mental Health enables the opportunistic delivery of consistent and concise healthy lifestyle information and enables individuals to engage in conversations about their mental health and wellbeing.

Independent evaluation of the RSPH and HEE MECC for Mental Health training programme found statistically significant increases in participants' capability, opportunity, and motivation to have conversations with people about their mental health, and to refer people for further support. The follow-up stage of the evaluation also found a statistically significant increase in the number of conversations about mental health and wellbeing which participants were having, compared with before the training.

#### Content

- Overview of the training
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#### Overview of the training

RSPH and HEE with the aid of a multidisciplinary expert group, have developed and tested with over 1000 staff across the North, a blended learning training programme that can be implemented by beneficiary organisations.

The MECC for Mental Health training package include:

- A Train the Trainer programme
- Access CPD accredited training resources including e-learning and micro digital learning
- Ongoing guidance and logistics support through RSPH and the MECC for Mental Health training hub
- RSPH Membership for nominees which provides additional professional development opportunities including a wide range of e-learning programmes on dementia, sleep, community development, health improvement etc.

The MECC for Mental Health training is built on a cascade model.



The End-user training is organised in three modules covering several different topics, a few have been listed below:

### 1. Introduction to MECC for Mental Health

- WHO's definitions of Mental Health, Mental Illness & Mental Wellbeing
- The interaction between mental and physical health
- Our current ability to talk about mental health
- Dual Axis Continuum Model of Mental Health and impact of stigma on movement around accessing support.
- The stress container
- The evidence and values for the MECC approach
- 'Risk' taking in health
- The three A's model
- The MECC for Mental Health conversation: how to and when to?

### 2. Knowledge and Skills – having a MECC for Mental Health Conversation

- Barriers to having a conversation about mental health
- Building engagement
- The client centred approach
- Non-judgemental listening
- Mental health crisis response and suicide

### 3. Signposting and Pathways

- Local resources
- Health literacy
- Barriers to accessing support services
- Strategies for client centred information giving

In addition to this content, the Train the Trainer training cover the following topics and activities:

- The role as a trainer
- The scope and boundaries of the programme
- The values underpinning MECC for MH
- The learning material
- Transferability to local settings
- Identification of strategies to plan and deliver an enjoyable and effective learning experience.
- Delivery practice
- RSPH self, peer and participant monitoring and evaluation procedures.

## Target settings

The training is developed for, but not limited to:

- Social prescribing
- GP surgeries
- Primary care services based at hospitals such as GUM clinics
- Community Pharmacy
- Health and social care
- District nursing
- Falls services
- Health visiting
- School nursing
- Emergency services such as ambulance and fire services etc.
- Allied Health Professionals
- Frontline workers based in the VCSC sector delivering NHS commissioned primary and community care services

## Learning outcome and indicative content

Six main learning outcomes have been identified for the MECC for Mental Health training programme.

LO1: Identify what we mean by mental health, mental wellbeing and mental illness, including recognised definitions, models and frameworks

LO2: Define the MECC, the MECC approach and explore how this can be applied in the health and care setting

LO3: Develop skills and confidence to engage with service users about their mental health and wellbeing

LO4: Develop skills to support service users to understand their distressing feelings and experiences

LO5: Awareness of local support services, and how to effectively signpost service users to the appropriate service

LO6: Develop confidence to understand and implement the appropriate signposting pathway

## Delivery model

The End-user programme has been developed so it could either be delivered Face to Face or virtually using tools such as Microsoft Teams or Zoom.

Two different delivery models have been developed for the MECC for Mental Health.

- 1) **The 1x7 model:** One full day session of 7 guided learning hours
- 2) **The 3x3 model:** Three sessions of three guided learning hours

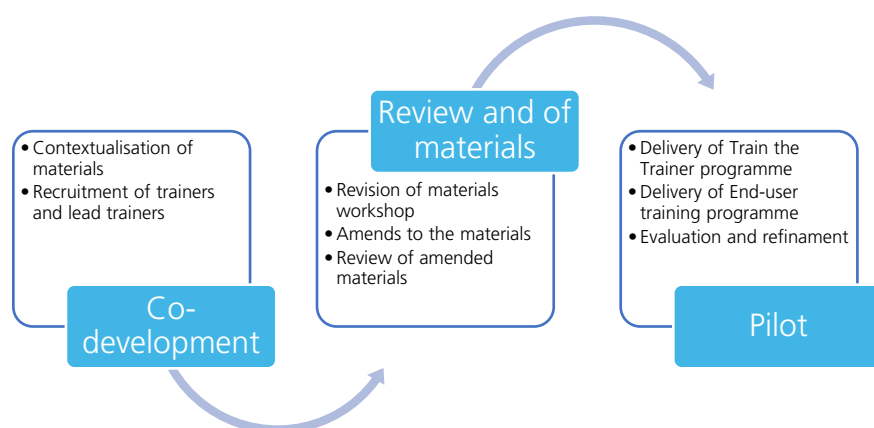
Both delivery models include some pre-course individual learning. Furthermore, the course can be condensed to meet training needs, RSPH offers guidance on how to do this without affecting the overall aims of the programme.

## Supporting frameworks

- [Future in Mind](#)
- [Five Year Forward View for Mental Health](#)
- [Public Mental Health Leadership and Workforce Development Framework.](#)
- [Action plan for mental health promotion and prevention courses 2016-2020](#)
- [Mental health promotion and prevention training programmes - Emerging practice examples](#)
- [Public Mental Health Content Guide For introductory courses or professional development in mental health and wellbeing](#)
- [Public Mental Health Content Guide For public health academic courses, professional training programmes and professional development](#)

## Programme adaptations

Since the start of MECC for Mental Health several adaptation programmes have been developed. The standard process to adapt MECC for mental health for a specific setting is summarized in the figure below.



The current and potential adaptations are summarized below.

Adaptation	Status
MECC for Mental Health and Menopause	Active
MECC for Mental Health in Cancer Care Settings	Active
MECC for Mental Health in Stroke Care Settings	Soon to be launched
MECC for Mental Health for Practice Education Facilitators	Soon to be launched

## Contact

If you would like to find out more, please email us on [MECCforMH@rsph.org.uk](mailto:MECCforMH@rsph.org.uk)