



Widening access to life skills classes through libraries, charities and schools

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www.fiveareas.com
www.lltff4.com

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How do you feel today?

- Up to 25% of adults and 40% of young people feel significantly low or stressed at some stage
- Milder symptoms are even more common

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CBT- an evidence-based form of psychotherapy



- What exactly is it?
- Does it work?
- Can it be accessed easily?

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Potential advantages of using CBT book resources



- Effective– proven to work
- Popular and acceptable to many
- Respects privacy - avoids stigma
- Accessed quickly
- Work in your own time and at own pace
- Empowering
- Materials always at hand/easy reference

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Book Prescription Schemes



Reading Well



Poor mental health and well-being costs the NHS £14 billion a year.

Our Reading Well work with libraries consists of two strands.

Reading Well Books on Prescription

On 31 January, with The Society of Chief Librarians we [announced plans](#) for a new national Reading Well Books on Prescription scheme for England, as a key new development driving the Society of Chief Librarians Public Library [Health Offer](#).

The Books on Prescription model was developed by Professor Neil Frude and has been established as a national scheme in Welsh libraries since 2005. It is also widely available in English library authorities. Reading Well will build on this existing best

What do we know?



ARE YOU STRONG ENOUGH TO KEEP YOUR TEMPER?
BY DR CHRIS WILLIAMS

WHY DO I FEEL SO BAD?
BY DR CHRIS WILLIAMS

HOW TO FIX ALMOST EVERYTHING
IN 4 EASY STEPS
BY DR CHRIS WILLIAMS

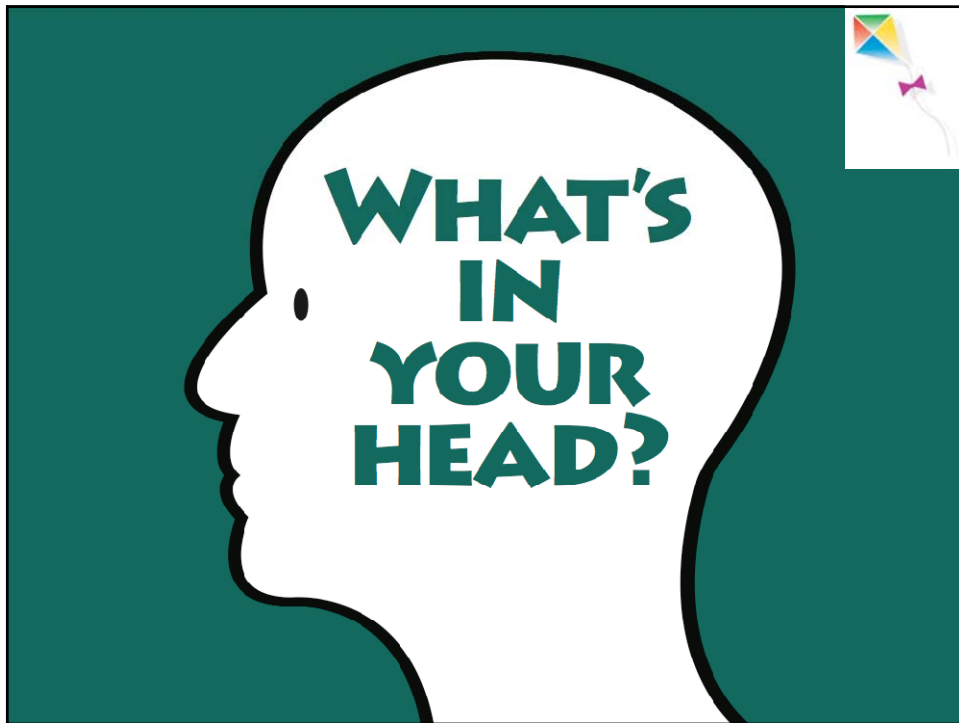
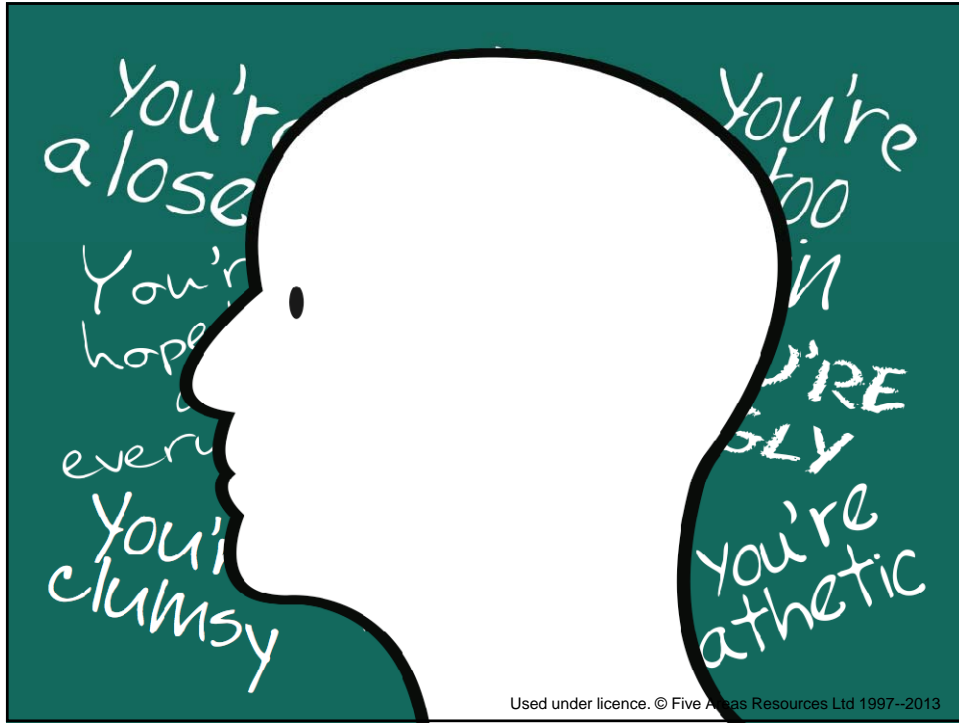
I CAN'T BE BOTHERED DOING ANYTHING
BY DR CHRIS WILLIAMS

THE THINGS YOU DO THAT MESS YOU UP
AND HOW TO STOP DOING THEM
BY DR CHRIS WILLIAMS

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I'M NOT GOOD ENOUGH

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NEXT TIME:



HOW TO FIX ALMOST EVERYTHING

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re
ices

Support Groups
Locations Nationwide

Online Support Groups
Weekly, including Relatives Group

10Call Helpline
1890 303 302


Email Support
wecanhelp@aware.ie

Beat the Blues
Secondary schools awareness programme

Living Life to the Full
Life Skills programme based on CBT principles

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Beat the Blues and Living Life to the Full are proudly supported by Tesco Charity of the Year Partnership 2012 & 2013. With thanks to the 15,000 Tesco staff nationwide and their local communities for their ongoing fundraising efforts.




TESCO
Charity of the Year 2012 & 2013

Aware
72 Lower Leeson Street,
Dublin 2

Living Life to the Full



Free 6-week programme. Helping you learn new ways to deal with life's challenges.

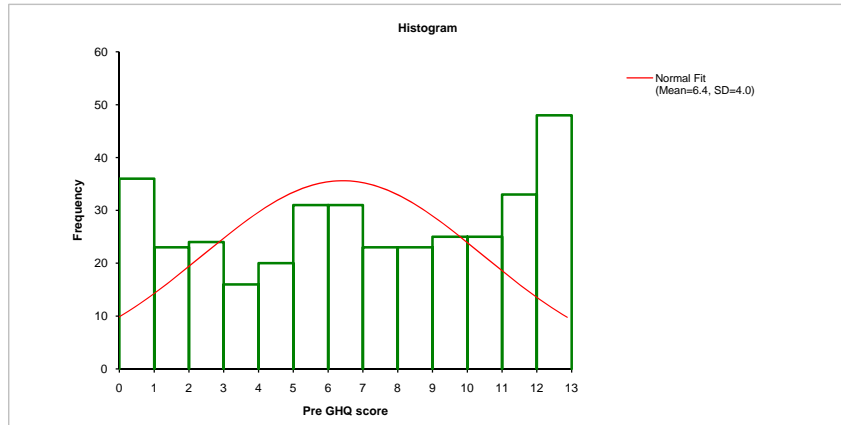


Evaluation in Northern Ireland (AWARE)

- 46 groups, 356 participants who completed both pre and post evaluation measures
- 19% male and 81% female
- Average age between 44-54
- Selected from different Health Boards, Public Agencies and from Community-Voluntary Sector across Northern Ireland

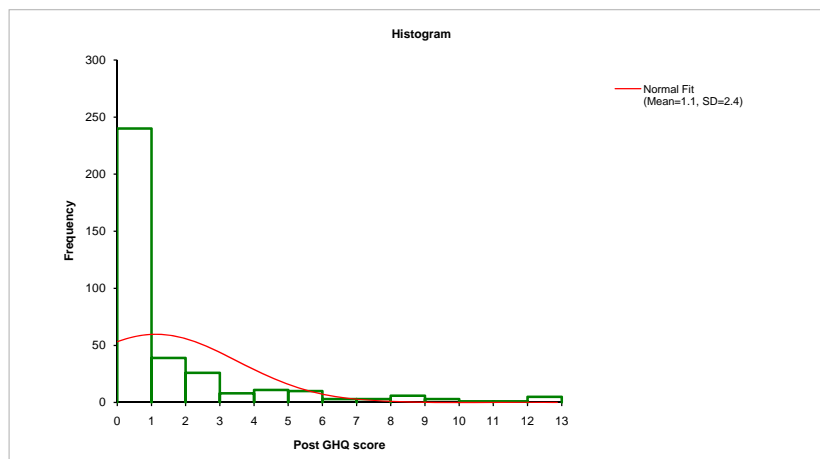
Aware Defeat Depression

GHQ scores at start of the programme



Aware Defeat Depression

GHQ raw scores at end of the programme



Aware Defeat Depression

Participant feedback at end of programme



- Rated scores 1 (very poor)-7 (excellent)
- Average was 6.9
- 100% recommendation of the course to a friend
- Statistically significant increase in knowledge and understanding about stress and low mood

Aware Defeat Depression

Participant comments



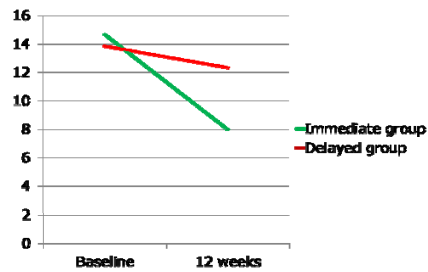
“Gave me the tools to battle anxiety and depression and understand what I have been feeling all these years. The course has helped me take control and responsibility for my life it is my time now”

“Made me more confident. I am able to use the methods from the books to enable me to do things for myself to make me feel better. I am more outgoing and now able to help my family again”

Aware Defeat Depression

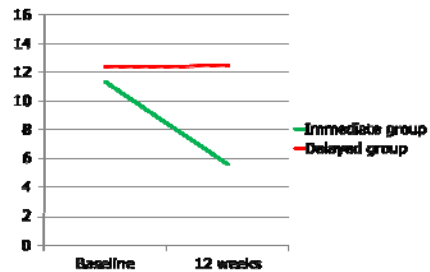
Recently completed RCT

PHQ-9 scores at baseline and 12 weeks



($F_{(1,31)} = 8.53, p = 0.006$),

GAD-7 scores at baseline and 12 weeks



($F_{(1,31)} = 12.67, p = 0.001$)

Application within Education



- St Andrews and St Brides High school, Glasgow
- Approached By Lead Guidance teacher & School head
- Identified areas of difficulty with key populations of pupils across school

Who are they?



- 13-17 yrs old pupils experiencing difficulties such as:
- Refusing to attend school
- Pupils who are sent home feeling sick all the time (usually anxiety)
- Health problems
- Pupils who are self Harming
- Divorce of parents
- Bereavement
- Problems at home
- Exam stress
- Poor behaviour in class
- Sleeping problems
- Migraines

Approximately 100 pupils have used the materials to date

Usage of model



- School guidance support pupils on a daily basis via book or online
- Support is 15mins up to 30mins
- Group & Individual
- Pupils can work at home in between

Summary & Next Steps



- Data is currently being collated (PHQ9, BAI &BDI)
- Early signs showing positive results
- In house feedback session forms – also positive

Future directions

- Training of pupil supporters
- Training of parent groups
- To have worked with over 400 pupils, to include junior pupils in transition phase from primary school

Thank you
Any questions?



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