

PRIMARY CARE MDT

SENIOR MENTAL HEALTH PRACTITIONERS
(SMHPS)

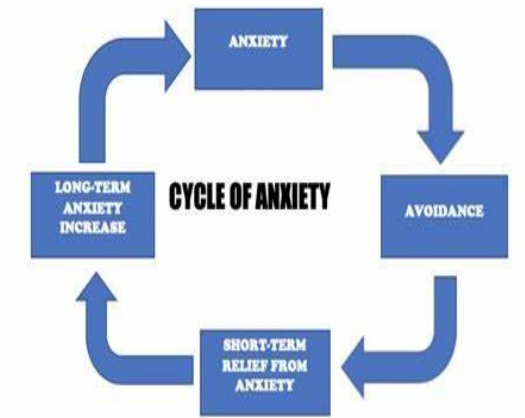
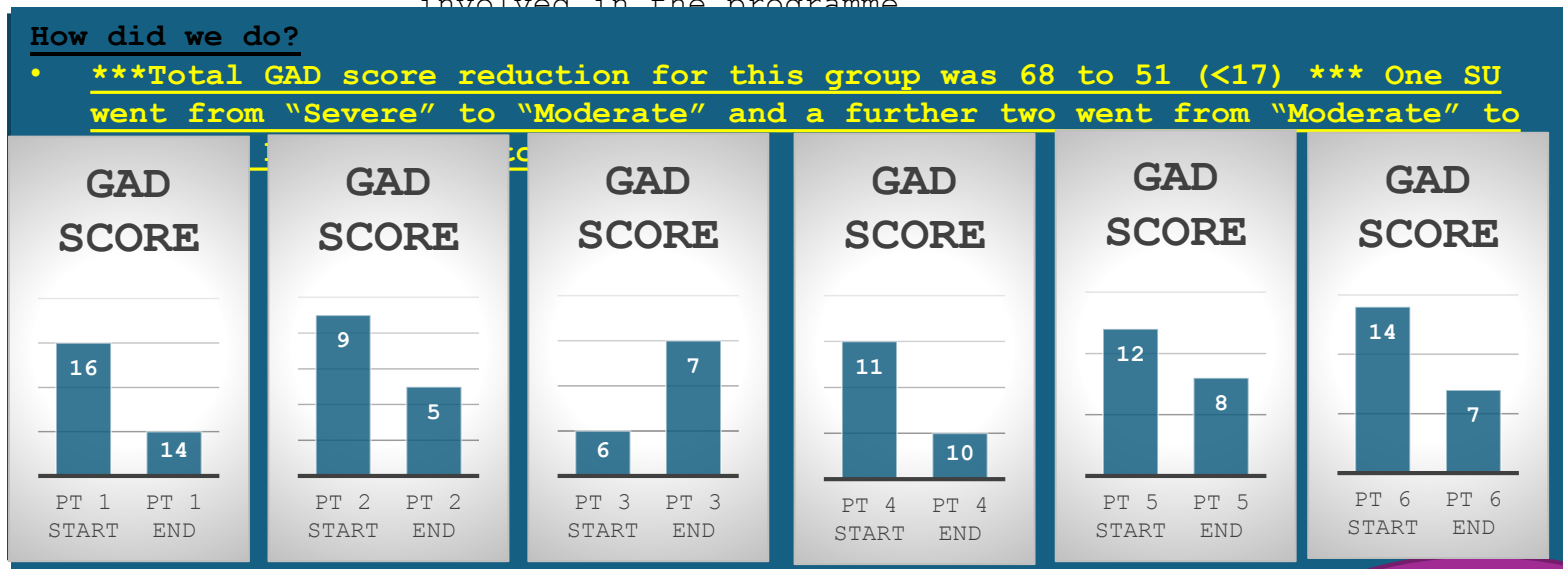
Anxiety Management programme

Saintfield-02/05/24 - 30/05/24 (Senior Mental Health Practitioners)

Aim: To deliver this 5 week Anxiety Management programme to patients of the Down Federation. The sole purpose to promote and provide techniques to develop strategies to reduce symptoms and improve coping

Patients from surgeries in the Saintfield, Crossgar and Killyleagh localities were referred by GP's, practice nurses, physiotherapist and social workers. Some attendees self-referred having previously been involved in the programme

- 8 Service Users signed up to 5 week programme.
- 6 clients completed the programme under the criteria attending a minimum of 4 out of 5 sessions.
- 1 Service User with severe General Anxiety Disorder score was referred for 1:1 Anxiety Management
- 1 Service User did not attend – follow up arranged.



What attendees

"No changes needed to make this group more helpful as Alma and Amy were great. I would like to access this group again as every bit of help is great"

"I really enjoyed coming each week"

"I would be interested in future groups - It would be good to have more regular groups to help with anxiety problems"

"The group was welcoming and really helpful"

"Some videos or footage could make the group even more helpful"

"I feel better in myself. Talking to other people made me think that I am not on my own"

"I have benefited from chatting to others in the group"

Anxiety



Management Group Service User

"I feel I have a better understanding of how to deal with anxiety and panic attacks. I have learned to accept that they will still happen but I am better equipped to deal with them"

"Great support by the team. They made the group so welcoming and created an environment that allowed people to share. Seeing how others suffer and deal with anxiety has been really helpful"

"I have benefited from chatting to others in the group. The discussions were great and the handouts for future reference"

"I have attended numerous groups over the years and this group has been the most beneficial to me by far. I am in a reasonable place due to this group and I wish to stay there"

"I feel better in myself. Talking to other people made me think that I am not on my own"

"The ladies who were taking the group were excellent. It helped me so much"

"I really enjoyed coming each week and I would have attended for longer if the group had continued on"

"This group has made to stop and think and try to work out why I am feeling anxious, then stop it before it gets worse which could lead to a panic attack"





LIVES
OUTCOME 8: WE CARE FOR OTHERS AND HELP

THOSE IN NEED

01st July- 30th

September 2025



's were busy with ongoing groups and events throughout the com

- Anxiety Management Programme : Two SMHP's Successfully delivered this five week Anxiety Management programme to patients of the Down Federation.
- The sole purpose of this programme is to promote and provide techniques to develop strategies to reduce symptoms and improve coping skills.
- Patients from surgeries in the Saintfield, Crossgar and Killyleagh localities were referred by GP's, practice nurses, physiotherapist and social workers.
- SMHP and First Contact Physio delivered a wellbeing session to a group of over 20 farmers recently. The session was well received and the men shared that they found the session very interesting and thought provoking.
- SMHP & First Contact Physio even had time to fit in a live demonstration of "How full is your Stress Bucket" which the men enjoyed.



Chart shows General Anxiety Disorder score at start and finish of 5 week programme

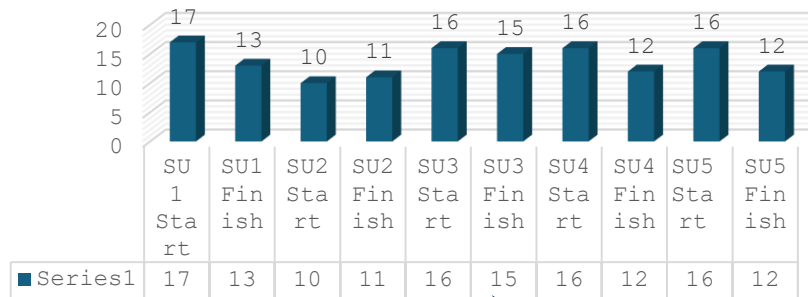
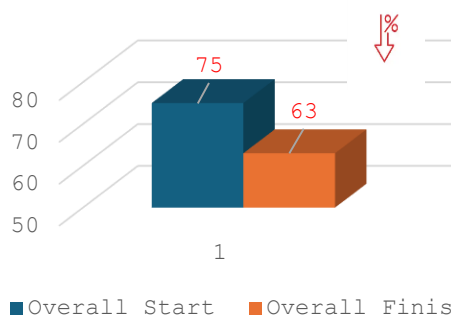


Chart shows overall decrease in General Anxiety Disorder score for the group



"I would most certainly like to access this group again. The people are friendly, and we are all in the same situation"

"There is no judging of others in this group"



JUST RIGHT STATE PROGRAMME

- **Overview**

- The core aim of the JUST RIGHT STATE adult programme is to enable individuals to regulate their emotional States and facilitate reflective functioning. Individuals need to develop the capacity to cope with stress and acquire new patterns of self-care and of relating to others. Changing fixed established patterns involves providing experiences that can create patterned, repetitive activation in the neural systems that mediate the functioning / dysfunction. The Just Right State programme enables this by embedding regulation into daily living activities. Regulation in turn facilitates reflective functioning.

JUST RIGHT STATE PROGRAMME

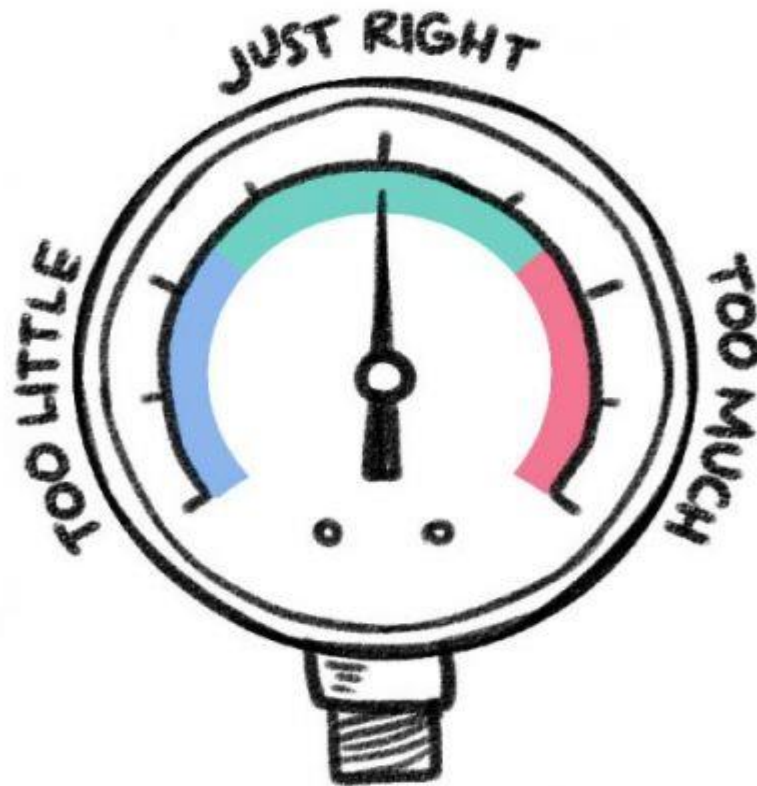
- **Aim**
 - Supporting those who have experienced trauma to regulate their emotions and connect with the world around them
- **Objective**
 - To reduce stress and feelings of overwhelm
 - Explore daily habits that will enable self-regulation
 - Understand their sensory system
 - To reduce uncomfortable feelings and negative strategies
 - Create an enriched environment that is tailor made for their sensory-attachment needs.
- **Criteria**
 - Already engaged with therapeutic work and interventions with SMHP
 - Those experiencing emotional dysregulation
 - Motivated to change
 - Seeking additional coping strategies to manage negative emotions

Qualitative Feedback

"...Talking about what has happened in the past. It's okay to feel how I feel - there is no switch!"...

"Forced / or rather encouraged me to meet other people and broaden my horizons.."

"...This group has helped me make small changes and gain new habits to help me deal with stress...."



"...It has made me think about relaxing more. Very lucky to have been a part of this group..."

"The group has helped me to slow down and be more aware of triggers and stressor's..."

"...Valuable activities and interacting with other group members. Knowing there are many kinds of options for stressful situations..."