

# CONTACT CONFERENCE

Military Mental Health

March 16<sup>th</sup>, 2021



**HELP** for  
**HEROES**

HIDDEN WOUNDS SERVICE

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SARAH JONES

HEAD OF PSYCHOLOGICAL WELLBEING

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# THE HIDDEN WOUNDS SERVICE JOURNEY SO FAR

## Where we were...

- Psychological Wellbeing Service created in 2012, with 2 staff in Tedworth House, no regional support
- Psychological Wellbeing Advisors (PWAs) were providing adhoc support
- Hidden Wounds was developed in 2013, Psychological Wellbeing Practitioners (PWPs) delivered LI CBT support in 2013
- Then we started to grow...

## Where we are...

- Updated Service Delivery Framework
- Aligned Eligibility across the Service
- Refined Structured Support/Treatment:
  - Assessment
  - Individual Support
  - Group Support
- New Clinical Team Structure
  - PWPs
  - Counsellors
  - Psychologists

## Where we are going...

- Continue to deliver Gold Standard evidence-based Psychological Wellbeing Support
- Remain informed by current research, Third Sector, MoD & NHS
- Continue developing psych-educational group curriculum collaboratively with Recovery College
- Carry on listening and respond to the beneficiaries needs

# STEPPED CARE MODEL

## Step 1

### Self Directed Help

Via single contact entry to access Welfare support, Health and Physical Wellbeing support, Recovery College, Sports Recovery

## Step 2

### Delivered by PWP's

Guided self-help interventions are offered to those experiencing mild to moderate symptoms of common mental health conditions such as depression, anxiety disorders, anger and problematic alcohol use. The most appropriate evidenced based intervention will be offered over 4 to 8 sessions using Low Intensity CBT techniques on a one to one basis, or in a group setting.

## Step 3

### Delivered by Psychologists and Counsellors

Evidence based Integrative Counselling delivered to support common mental health problems which are adversely affecting quality of life. Counsellors offer interventions from mixed modalities including CBT, humanistic & client centred individually (up to 16 sessions) and in group settings

National Institute for Health and Care Excellence. (2011). *Common mental health problems: identification and pathways to care* (Clinical Guideline [CG123])  
<https://www.nice.org.uk/guidance/cg123/chapter/About-this-guideline>

# COMMON MENTAL HEALTH PROBLEMS

**Depression**

**Anxiety**

**Panic Disorder**

**OCD (obsessive Compulsive Disorder)**

**PTSD (Post traumatic Stress Disorder)**

*"Common mental health problems include depression and anxiety disorders such as generalised anxiety disorder, panic disorder, obsessive-compulsive disorder (called OCD for short) and post-traumatic stress disorder (called PTSD for short). Other common mental health problems include phobias about a specific thing (such as spiders) or situations (such as being embarrassed in front of other people)."*

Ref: <https://www.nice.org.uk/guidance/cg123/ifp/chapter/common-mental-health-problems>

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# MOST COMMON PRESENTING NEEDS IN HWS

- Anxiety
- Depression
- PTSD
- OCD
- Sleep difficulties
- Relationship /family difficulties
- Social isolation/loneliness
- Addictions – Alcohol, substances, gambling
- Emotional overwhelm

# CONVERGENCE – COMING TOGETHER

We are all substantially flawed, wounded, angry, hurt, here on Earth. But this human condition, so painful to us, and in some ways shameful- because we feel we are weak when the reality of ourselves is exposed- is made much more bearable when it is shared, face to face, in words that have expressive human eyes behind them...”

*Alice Walker*

*Anything We Love Can Be Saved*



**THANK YOU**

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