



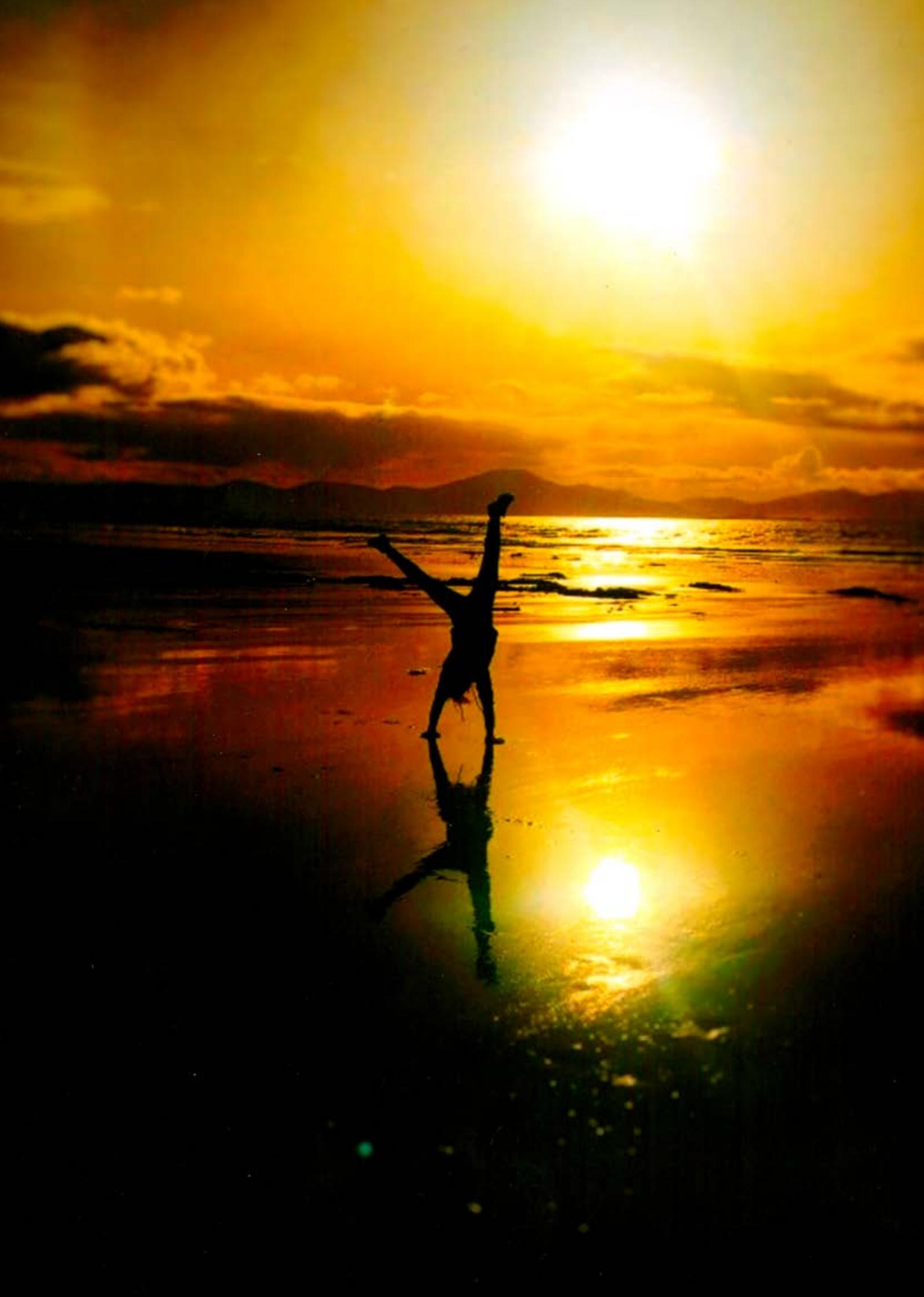
**Mental Health
Ireland**

mentalhealthireland.ie

Annual Report 2019

**Promoting Positive Mental Health,
Wellbeing and Recovery**





Annual Report 2019

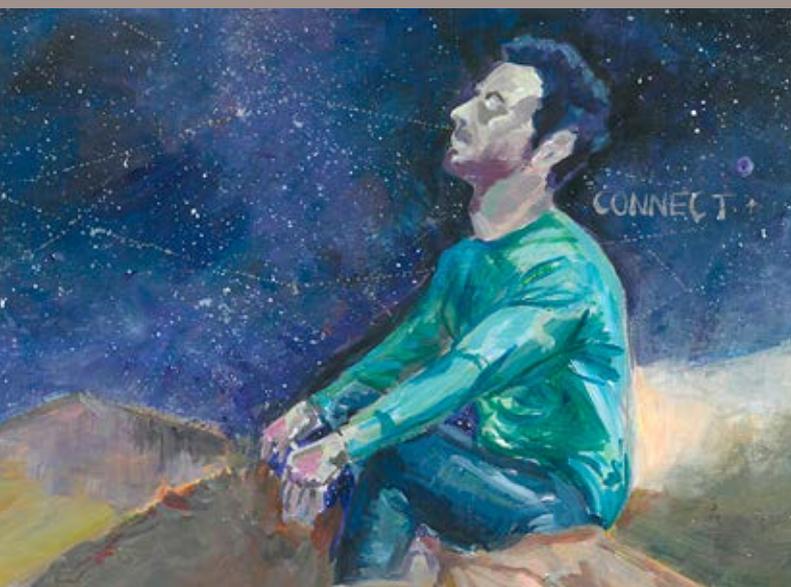
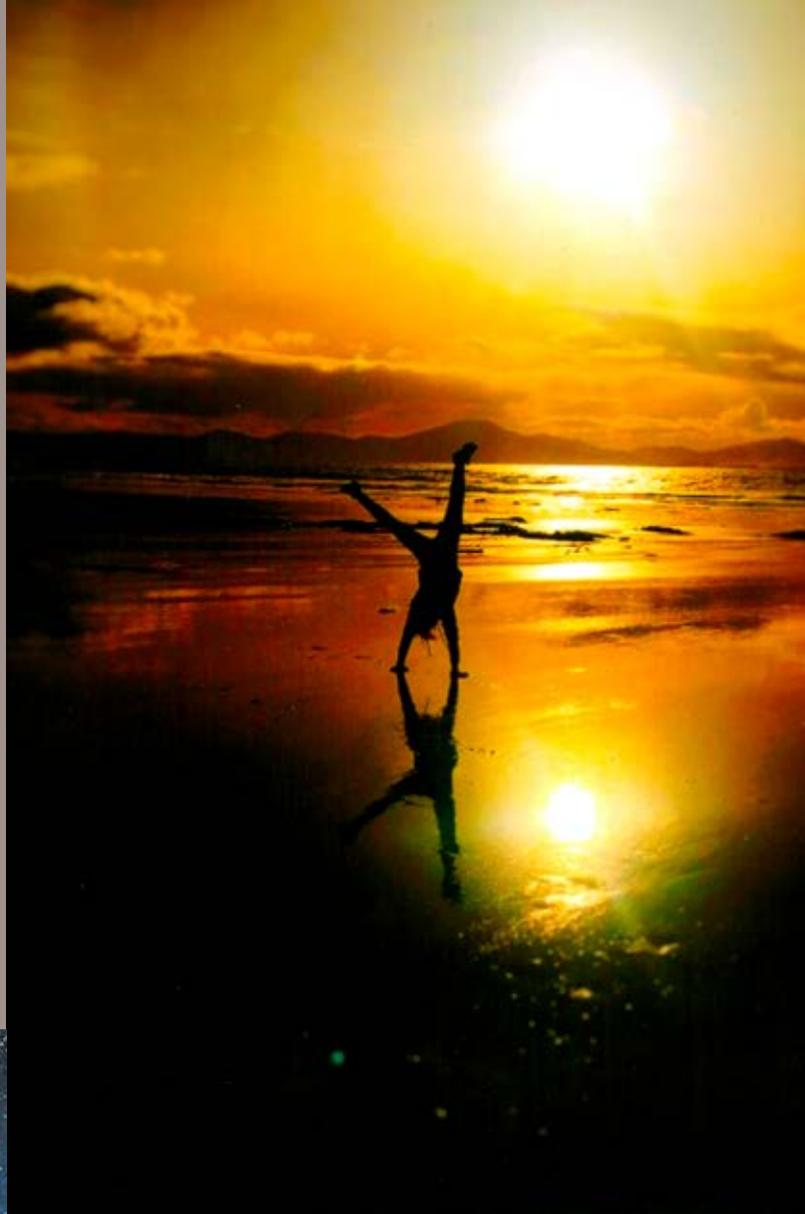
**Promoting Positive Mental Health,
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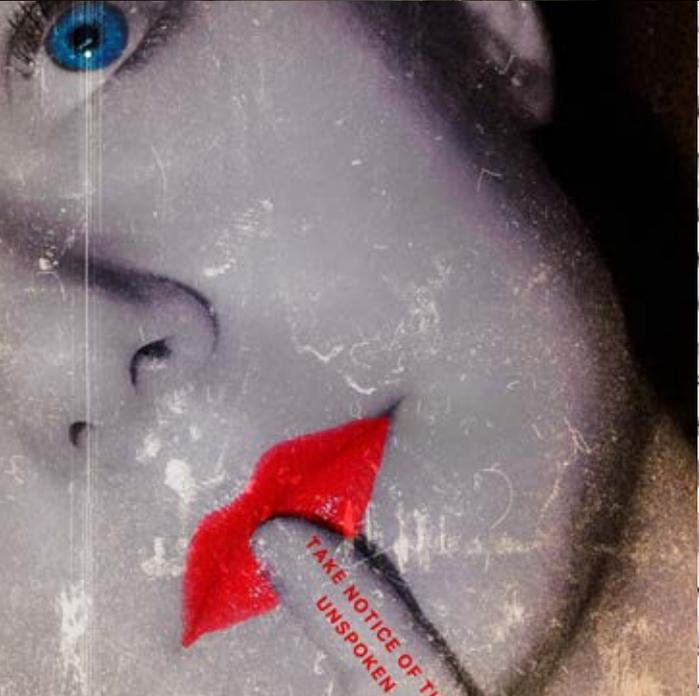


**Mental Health
Ireland**

Art & Photography Competition

Once again, we are delighted to feature and celebrate a selection of the finalists from our Art and Photography Competition throughout this year's Annual Report.









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Chairperson's Address



It gives me great pleasure as outgoing Chairperson of Mental Health Ireland to present our Annual Report for 2019.

'*Empowerment - from Ideas to Action*' is our strategy at Mental Health Ireland and 2019 was the first full year of its implementation with significant progress being made. We must always remember that this strategy is set out as a three year journey, so what have we achieved together in year one?

Mental Health Ireland has a broad network of Volunteers and Mental Health Associations working at local level, making a real difference to life within their own communities. Whether working to promote positive mental health and wellbeing across the wider community or working in a gentle and supportive way with individuals making their way towards recovery, our values and motivations remain the same.

It is built upon a concern for others, a desire to help and a sharing of hope. This is the foundation of our work, and while our strategy aims to translate these ambitions into practical and pragmatic actions through projects and programmes, these fundamentals stand at the centre of our efforts.

2019 was a year of change for many MHAs as the challenge of charity registration was undertaken. Supported by our Development Officers, our Head Office team and through local commitment and application, many MHAs have now secured their registration with the Charity Regulator. I would like to congratulate you on passing this milestone. Unfortunately, a number of smaller associations have decided not to go forward or to continue as MHAs. This was not an easy decision for Volunteers who have given selflessly of their time, talents, and energy down through many years.

The fact that they have decided not to continue in no way diminishes the work that they did, or the achievements that they accomplished. Their contribution should never be forgotten as it has had a profound effect on the lives of many. Today we have over 30 MHAs working across Ireland promoting positive mental health and wellbeing, fostering, and supporting recovery through co-production and engagement while inviting people to *Live Life Well*. These are noble causes and will continue to form the foundation of our activities.

During 2019 we made some very strong progress under a number of strategic headings, some examples include:

In January 2019, the CEO and Mental Health Promotions Manager met with Prof Margaret Barry at NUI Galway and explored the potential for a collaborative project. Very quickly, this idea became an action and in September 2019 the first 25 students embarked on a brand new, internationally unique Post Graduate Certificate Course in Mental Health Promotion. This rapid turnaround is a testament to the skills and commitment of NUI Galway, working with MHI to drive forward and accrediting a Level 9, academic course in record time. The graduates will complete their course in May 2020 and will have a whole new set of skills to promote positive mental health within their own communities.

Our work in collaboration with the HSE to support an emerging network of Recovery Colleges has been extraordinary. Led by people with lived experience, Recovery Colleges aim to share new insights, learning and hope. MHI now employs the staff at most Recovery Colleges in each region and has facilitated a platform for exchanges, new ideas, training content and syllabi. This work has depth and credibility and brings about profound change.

Another great success was the development of the *Connect Café*, designed to create a safe space where people can come together, express their views, and promote mutual understanding. In July 2019 MHI came together with the HSE Mental Health Services and the National Office of Tobacco Control to have a respectful conversation on the topic of Smoking, Mental Health and Recovery. This can be a challenging topic, but by taking the time to have a respectful dialogue, which acknowledges all viewpoints as valid, a very positive outcome was achieved.

Our work at national level is to bring together ideas from local communities, academic partners, international colleagues and to fashion these into credible and evidence based initiatives which can be recreated at a community level. We have developed a broad range of alliances with partners within and beyond our sector. This is exciting and fascinating work, but it also requires organisation and resourcing.

Mental Health Ireland enjoys a very positive partnership with the Health Service Executive and its work is advanced under formal Service Arrangements. We have also benefited from the donations and contributions from many generous supporters who contribute to our work. This is what sustains and encourages us in our work.

I would like to thank our staff, our Development Officers, Recovery College staff, Peer Educators, Head Office Team and my fellow Board Members for their hard work, wisdom, and guidance over the past three years of my Chairmanship. It has been my great privilege to serve with them.

As I conclude my Chairperson's address, I would like to pay a special tribute to our many Volunteers, who are drawn from such a variety of backgrounds. Your continuing efforts are making a real difference, to real people right across Ireland. I had the great fortune to meet with you at previous AGMs and at the wonderful annual Information and Sharing event in November. Your boundless passion, commitment, good humour, and creativity is a great cause for optimism. On behalf of people who use mental health services and the many members of our community, I would like to thank you for your leadership and service, energy and authenticity, and for your kindness and compassion.

Thank you

Fiona Ross
Chairperson
Board of Directors, Mental Health Ireland

CEO's Statement



Welcome to Mental Health Ireland's Annual Report for 2019.

This Annual Report describes the work of our organisation at a national and regional level and while it is broad and comprehensive, it's not really possible to do justice to all of the work undertaken by MHI and Volunteers in Mental Health Associations in one document. This report will just give you a flavour of what we do, but to really appreciate the scale, scope and impact of our work, you will really need to come and talk to us, experience the energy and get involved.

2019 was a year of change at Mental Health Ireland, one which allowed us to refocus our efforts while retaining the enthusiasm and agility of our Volunteer network. Many of the new projects and programmes that had been developed by Volunteers at local level were showcased and shared at our national *Information and Networking* event. This event invites Volunteers from across Ireland, to reignite old friendships, share insights, compare projects, cross-pollinate ideas and to spotlight promising practice and emerging thinking.

At Mental Health Ireland we aim to bring our message of Positive Mental Health and Recovery to the widest possible audience, and to do this we partner with a broad range of agencies who share this objective. These include a broad church of agencies like the HSE, fellow voluntary bodies, and partners in the academic, community, education, civic, sports, arts, and commercial sectors. This way we can extend our reach and create a series of supportive pathways for people in recovery. Our work is funded by the Health Service Executive at a national and CHO level and we hope to build upon this positive relationship into the future.

Our Woodlands for Health partnership with Coillte, Sports Ireland, Get Ireland Walking and the University of Limerick has grown so much in 2019, extending out to seven new communities. A detailed evaluation clearly demonstrates its health and mental health benefits while being a conducive space for new friendships and fun.

We have also seen a growing demand for training from Volunteers, communities, fellow NGOs, statutory agencies, and the business sector. We have responded to this growth by designing a whole new suite of branded training resources, targeted programmes, and online supports. Our newly established Training Department co-ordinates all aspects of this work and has streamlined the whole arc of this process which covers everything from the Training Needs Assessments, scheduling, logistics, venues, booking trainers through to training evaluation and administration.

During 2019 we expanded our Communications & Fundraising Department so that we can support new initiatives like our Tony Leahy Scholarships and to support innovative project proposals. This has allowed us to invest in new Co-production and Recovery based programmes. Over the 12 months of 2019, we welcomed many new staff members leading on Peer Education, Service Improvement and Recovery Colleges. This work is making a profound difference to people's lives as they regain their confidence, develop new skills, and rebuild their lives within the community.

Mental Health Ireland continues to attract Volunteers who give generously of their time and expertise. Our Board members are all Volunteers who bring their experience and insights to guide decision making and set our new priorities. Within our MHA network we have seen people from all walks of life step forward to make a real contribution to the quality of life within their own locality as they advance Mental Health Promotion and Recovery based projects. I would personally like to acknowledge this gift. I would also like to thank all our Development Officer Team, our Head Office staff and our colleagues in the Recovery Colleges for their continued application and effort. By working together we can achieve so much.

Mental Health in Ireland has been through many changes and with the anticipated publication of the refreshed Mental Health Policy there is yet another opportunity to embrace change and progress. Over the past 50 years, our organisation has shown its resilience and agility, an ability and willingness to adapt and to continue to do better. These are qualities that will mark us out and have proved to be so necessary in a changing landscape as we face a new future together.

Martin Rogan
Chief Executive Officer



Mental Health Ireland

Chairperson Fiona Ross

Chairman of Finance Committee Neil Hughes

Directors Pat Bracken
Charles Burke
Denis Creedon
Neil Hughes
Eilish Kerrisk (Appointed 25/01/19)
Colm Murphy
Seamus McNulty
Colman Noctor
Anthony O'Boyle
Alma O'Brien (Appointed 22/11/19)
Robert O'Connell (Appointed 24/05/19)
Fiona Ross

Company Secretary Neil Hughes

Auditors JPA Brenson Lawlor,
Brenson Lawlor House,
Argyle Square,
Morehampton Road,
Dublin 4.

Bankers Bank of Ireland,
Smithfield,
Dublin 7.

Solicitors Partners at Law,
Dun Laoghaire,
Co. Dublin.

Business address / Registered Office 1-4 Adelaide Road,
Glasthule,
Co. Dublin.





About Mental Health Ireland

At Mental Health Ireland, our aim is to promote positive mental health and wellbeing for all individuals and communities and to support people with lived experience of mental health challenges in their recovery, bringing practical expression to national policy objectives.

Mental Health Ireland was founded in 1966 on the recommendation of the Commission on Mental Illness. Today, we are a leading provider of mental health promotion in the voluntary sector.

Mental Health Ireland has been an innovator in the promotion of mental health, wellbeing and recovery in Ireland for more than half a century.

We are now at the point of refocusing our mission and regenerating our activity to support our vision; for an Ireland where mental health is valued as being an essential part of personal wellbeing and the health of the nation.

Mental Health Ireland will lead the way in informing Irish society's understanding of mental health and fostering a culture where people with mental health challenges are respected and supported.

Our network of Mental Health Associations promote positive mental health and support people with mental health challenges within their own communities.

About Mental Health Ireland

MISSION, VISION AND VALUES

Mission



The **mission** of Mental Health Ireland is as follows:

- Mental Health Ireland promotes positive mental health and wellbeing to all individuals and communities, and through our network of Mental Health Associations, we support people who experience mental health difficulties on their journey of recovery.

Vision



Our **vision** is:

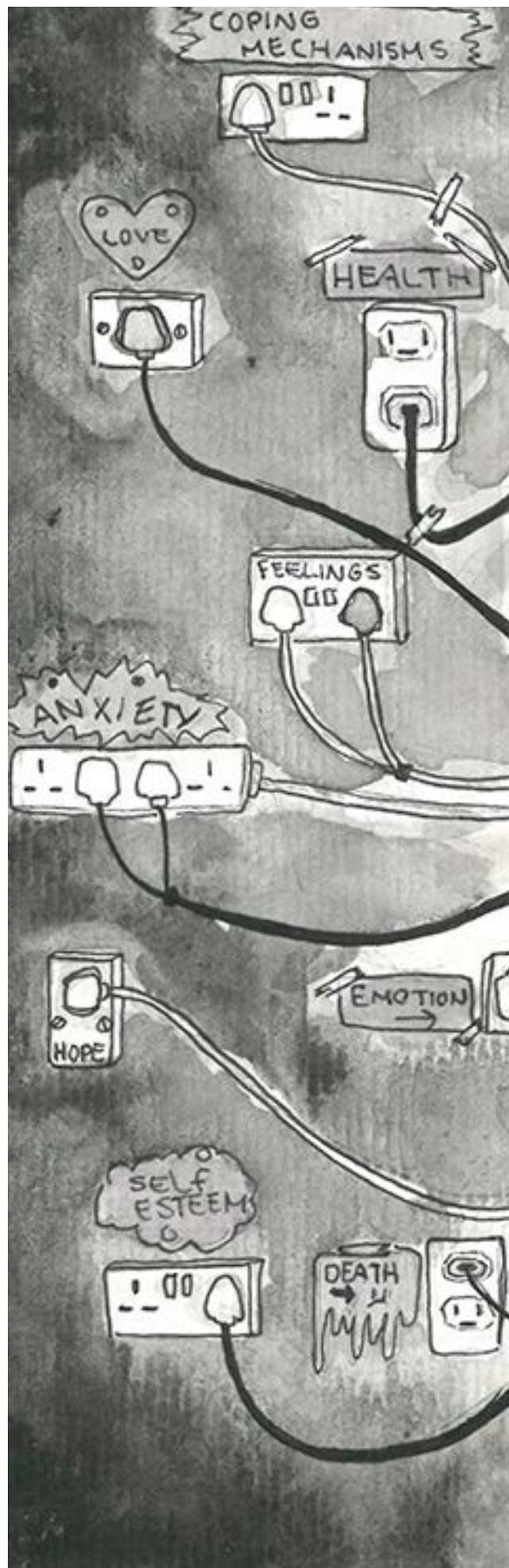
- Mental Health Ireland's vision is for an Ireland where mental health is valued as being an essential part of personal wellbeing and the health of the nation. Mental Health Ireland will lead the way in informing Irish society's understanding of mental health and fostering a culture where people with mental health difficulties are respected and supported.

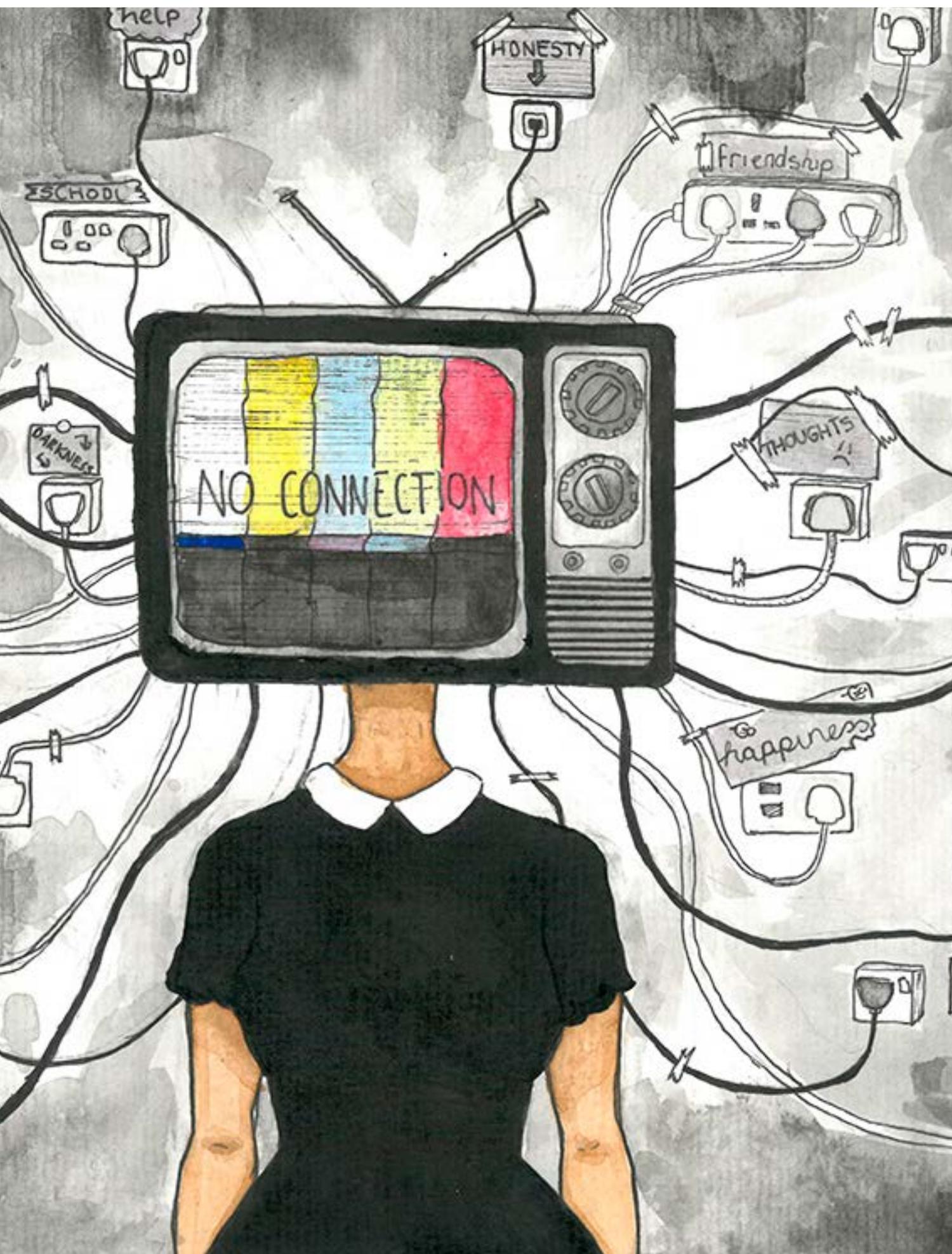
Values and Beliefs



Our **values and beliefs** underpin everything we do:

- We believe that everyone is entitled to inclusion in society and opportunity for personal fulfilment;
- We believe in the right of everyone to be treated with dignity, respect and equality;
- We believe in the right of those experiencing mental health difficulties to be supported in their recovery;
- We are committed to transparency in our work and compliance with the highest ethical standards.





About Mental Health Ireland

BOARD OF DIRECTORS

Mental Health Ireland's Board of Directors are volunteers from local Mental Health Associations, people with financial and legal expertise; people with lived experience and mental health professionals. The board is dedicated to the governance of Mental Health Ireland and supporting the CEO in managing the organisation in delivering upon our strategy 2019-2021. The Board has two ongoing committees; the Audit and Finance Committee and the Governance Committee. Throughout 2019, Board Members acted as Programme Sponsors on thematic Working Groups designed to progress key aspects of our new strategy. In 2019, three new members were appointed to the Mental Health Ireland Board of Directors.



Eilish Kerrisk:
Appointed at Board meeting 25th January 2019.
Elected at AGM 25th May, 2019



Robert O'Connell:
Appointed at Board meeting 24th May 2019. Elected at AGM 16th May 2020



Alma O'Brien:
Appointed at Board meeting 22nd November 2019. Elected at AGM 16th May 2020

MENTAL HEALTH IRELAND STAFF

In 2019, we welcomed three new staff members to our Office Team, Carmen Bryce, Claire O'Farrell and Sonia Rennicks. Carmen Bryce joined the Communications and Fundraising team to support in the planning and delivering of key strategies, to help build new cross-sectoral relationships and to support Volunteers, fundraisers and staff. Claire O'Farrell was welcomed to Head Office as our new Mental Health Promotion Officer to help guide the organisation via our programmes and partnerships. Sonia Rennicks joined the team as Development and Training Officer to support our Development Officer Team across the country, and help drive our training offerings and opportunities within communities and workplaces.

MENTAL HEALTH ASSOCIATIONS (MHAs)

Across the country Mental Health Ireland work with a network of Mental Health Associations.

The membership of the local Volunteer led Mental Health Associations reflect Volunteers who have a particular interest in mental health including;

- people from the local community,
- people with lived experience of mental health challenges,
- family members / carers and professionals working in the mental health area.

Having this representation in the MHA allows the development and implementation of a range of projects and initiatives that are reflective of their local community Activities and developments in line with the organisation's

National Strategy, Empowerment - From Ideas to Action 2019-2021, range from:

- supporting and promoting mental health awareness in communities to working alongside their local Development Officer in the delivery of MHI Workshops on Mental Health & Wellbeing.
- involvement in Recovery initiatives such as peer-led day services, Recovery Colleges, Recovery Fairs.
- fundraising and accessing grants to support new initiatives.

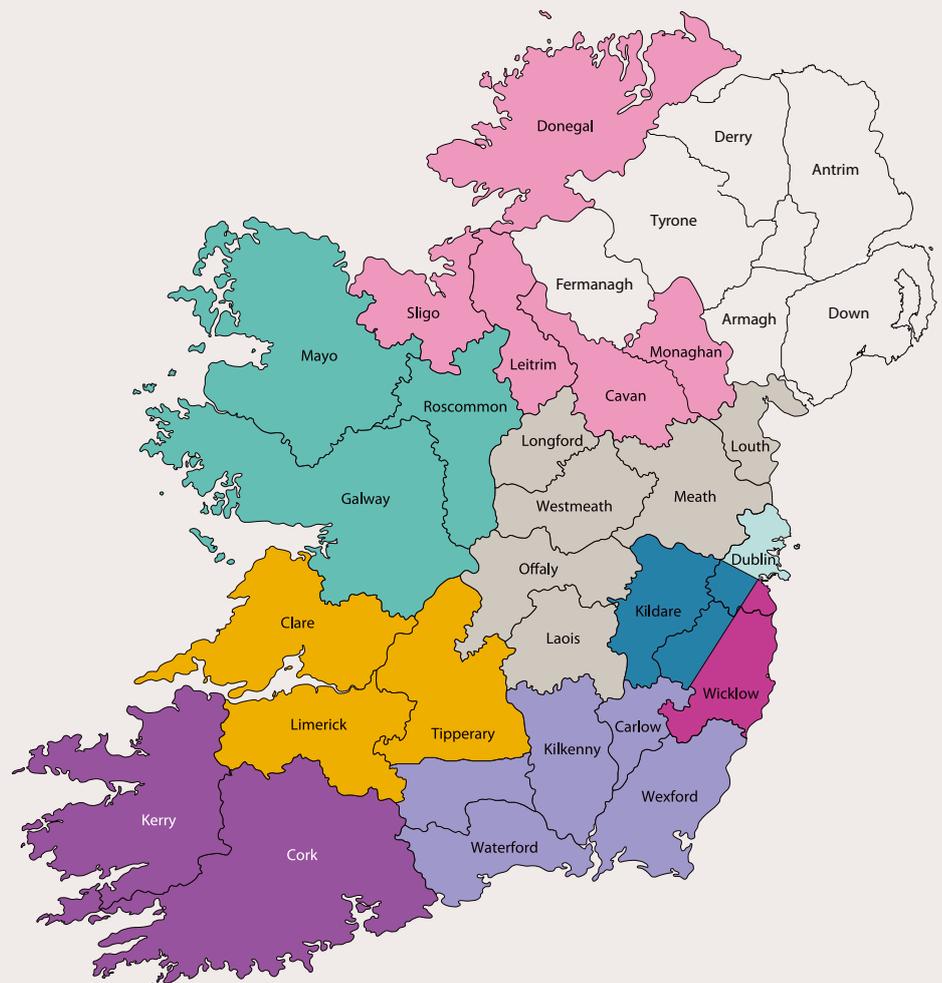
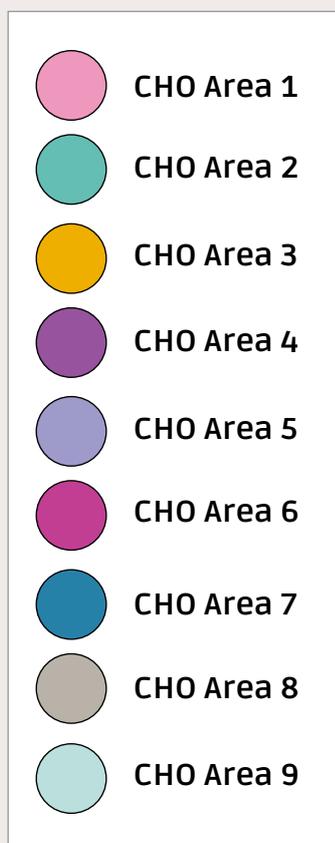
DEVELOPMENT OFFICERS (DOs)

Our Development Officers support the implementation of the goals of the MHI Strategy around the country. They provide guidance and support to the Mental Health Associations in developing their strategies, supporting them with governance and the efficient use of their budgets and resources. Our Development Officers support communities in the coordination and promotion of positive mental health and wellbeing and recovery. They work in partnership with statutory voluntary organisations and community to coproduce mental health promotion and recovery education initiatives locally. Development Officers actively support HSE's Office of Mental Health Engagement & Recovery through their work with Recovery Colleges and Recovery Education services across the country. They work with the Regional Suicide Prevention Officers in the delivery of actions of the Connecting for Life Strategy in particular the delivery of many accredited training programmes including SafeTalk and ASIST. The Development Officers work together with the National Team to coproduce and facilitate the delivery of the Five Ways to Well Being Workshops, Mental Health & Well Being Workshops for the Community, Employees and Managers as well as the development of key resources to support these programmes. Our Development Officers are funded through their local HSE Community Health Organisation (CHO) areas under detailed Service Arrangements with the HSE. Within their role, they have the flexibility to adapt to local priorities, often working out-of-hours to engage more fully with local communities. Our Development Officers are nominated partners in progressing key objectives in the Connecting for Life Action Plans at CHO level and work with a broad range of NGO and community partners within the sector. In 2019, we said farewell to one of our dedicated Development Officers, Linda Thorpe who retired from her position in CHO 5. Linda was a terrific Development Officer, a strong advocate for recovery and mental health promotion and will be missed by her colleagues and volunteers alike.



AREA DEVELOPMENT OFFICERS

CH01	Donegal, Sligo & Leitrim, Cavan & Monaghan	Rachel Reilly, Bill Vaughan and Miffy Hoad
CH02	Mayo, Roscommon & Galway	Teresa Keane and Nicola Morley
CH03	Clare, Nth Tipperary and Limerick	John McElhinney
CH04	Kerry & Cork	No DO currently in this area
CH05	Waterford, Wexford, Sth Tipperary, Carlow, Kilkenny	Gina Delaney
CH06	Wicklow, Dun Laoghaire, Dublin South East	No DO currently in this area
CH07	Kildare, West Wicklow, Dublin West, South City & South West	No DO currently in this area
CH08	Offaly, Laois, Longford, Westmeath, Louth & Meath	Finola Colgan
CH09	Dublin North, North Central & North West	No DO currently in this area





STRIVE FOR GREATNESS
KING OF GREATNESS

THE JAMES GANG
BRONNY · BRYCE
— ZHURI —



Mental Health Ireland's Activities

Since the foundation of Mental Health Ireland in 1966 the activities of the organisation have had a twinned purpose; promoting mental health locally and nationally and supporting people with mental health difficulties in services and in the community. Mental Health Ireland's work is informed by and aligned to national policy including:

1. HEALTHY IRELAND

2. A VISION FOR CHANGE

3. CONNECTING FOR LIFE

4. THE NATIONAL FRAMEWORK FOR RECOVERY

2019 was a year of continued innovation, growth and development in MHI. This change was driven by collaboration with our team, partners, supporters and volunteers, and underpinned by the pillars of our 2019 – 2021 Strategy.

1. MENTAL HEALTH PROMOTION

2. LIVING LIFE WELL

3. ORGANISATIONAL FITNESS

In 2019, we lay the foundations of a fourth pillar of our strategy – Training. We expanded our Training Department and our provision of mental health training in communities and workplaces across Ireland.

1. Mental Health Promotion

“Mental Health Promotion is concerned with achieving positive mental health and wellbeing at an individual, community, and population level.” (Barry, 2019)

We have marked more than five decades with many significant achievements in advancing the understanding of the global and national importance and far reaching potential of investing in mental health promotion.

In 2019, we remained dedicated to our role in promoting positive mental health for the whole population while placing a special focus on marginalised and identified at-risk groups.

In order to support people to maintain and improve their mental health and wellbeing, Mental Health Ireland addresses its mental health promotion work at three levels:

- Strengthening Individuals.
- Strengthening Communities.
- Reducing structural barriers.

We recognise that health, and in particular, mental health, is influenced by numerous factors. In our work, we constantly aim to have a conscious, focused and complementary effort on all influences in order to achieve positive health outcomes for all.

In 2019, we expanded our way of working and the Mental Health Promotion Department, led by Aisling Doherty, drove new cross-sectoral partnerships, campaigns and initiatives around Ireland to promote protective factors, reduce risk factors and prevent mental ill health and to ensure a more flourishing society for years to come.

We believe in order to achieve sustainable change in behaviour and supporting people to make the healthier choice, we need to focus our efforts on strong-evidenced based initiatives, programmes and campaigns.

We had the opportunity to learn a lot from our mental health associations through our national Sharing and Learning event in November 2019 and hope to support Mental Health Associations in strengthening their community-based initiatives into the future.

Promoting positive mental health and wellbeing is seen as one of the overarching goals of Mental Health Ireland’s mission and vision. While we value the work at a national level, we believe the importance of community lead mental health promotion initiatives by our Mental Health Associations and supported by our Development Officer team is vital to witness sustainability in our efforts.

We believe that by adopting a general population approach, coupled with targeted, needs based activities for at-risk populations we will create environments that can be more conducive to a flourishing society.

NATIONAL CAMPAIGNS

Art & Photography Competition

In 2019, we were delighted to open the Mental Health Ireland national Art & Photography competition to Special Education schools, and Youthreach and divided the Post Primary category into Junior and Senior.

In 2019, we welcomed entries from over 130 schools, a notable increase on 2018’s competition, and more than 1,800 budding young artists and photographers.



Winners in the Art Category

Highly Commended

- Senior Cycle: Rachel Farrell, Molly Kane.
- Junior Cycle: Aleksandra Szwak, Amy Davin.
- Special Education: Courtney Lynch, Saoirse Leo.
- Youthreach: Niamh McLaughlin, Caoimhe Stones.

3rd Place

- Senior Cycle: Katryn Graham.
- Junior Cycle: Maryam Shaynne.
- Special Education: Leigh Ann Keogh.
- Youthreach: Calvin Costello.

2nd Place

- Senior Cycle: Sorcha Finan.
- Junior Cycle: Mia Farrell.
- Special Education: Cumar Mohamed.
- Youthreach: Zoe Purcell.

1st Place

- Senior Cycle: Patrick Dineen.
- Junior Cycle: Gabriela Leon.
- Special Education: Katrina.
- Youthreach: Erika Kelly.

Judge's Choice

- Andreea Marie Moisin.
- Sorcha Finan.

Winners in the Photography Category

Highly Commended

- Senior Cycle: Luke Hitchman, Beth Azzopardi.
- Junior Cycle: Harry McLaughlin, Annie Gleeson.
- Special Education: Jessie Faul, Dean McCague.
- Youthreach: E'ouenn Ferron, Rebecca Canavan.

3rd Place

- Senior Cycle: Evelyn Benny.
- Junior Cycle: Roisin Curran.
- Special Education: Daniel Gilmartin.
- Youthreach: Barry Keogh.

2nd Place

- Senior Cycle: Ella Kitt.
- Junior Cycle: Rebecca Daly.
- Special Education: Josh Byrne.
- Youthreach: Kelsey Doyle.

1st Place

- Senior Cycle: Aoife Nazneen.
- Junior Cycle: Anna Regan Mills.
- Special Education: Hannah Murphy.
- Youthreach: Lily Rose Watelle.

Judge's Choice

- Annie Gleeson.
- Rebecca Daly.

The National Winners in each category received a One4All voucher, and their talents were celebrated with a week-long exhibition and awards night in Dublin's iconic St Patrick's Cathedral. The winning pieces and the Judges' Choice winners appeared in Mental Health Ireland's 2020 calendar.



BT Young Scientist Exhibition

We were delighted to sponsor an award at the 2019 BT Young Scientist and Technology Exhibition in January. We presented the award to Ava Hynes and Katie Savage from Colaiste Treasa, Kanturk, Co Cork for their project - *A statistical analysis of the impact of playing golf on the self-esteem and wellbeing of female adolescents* - in the Social and Behavioural Science Junior Group Category.

Connect Café

World Mental Health Day took place on October 10th. We celebrated the day by hosting a national Connect Café and inviting organisations, workplaces and communities to do the same across the country. The national event at the Mansion House was MC'd by Alison Canavan and received great feedback on the day. Alison also did some online promotion about its positive impact to almost 50,000 Followers. This evidence based downloadable resource is now available on our website for future use by any organisation wishing to host their own Connect Café.



COLLABORATION

New Partnerships

In 2019, we explored and strengthened partnerships with the Irish Men's Sheds Association, Malehealth.ie, Irish Cancer Society, Family Resource Centres National Forum, HSE Health & Wellbeing and Pavee Point Traveller and Roma Centre. We continue to work with these organisations in 2020 by providing evidence based mental health promotion expertise to better support and promote positive mental health and wellbeing.

Woodlands for Health

Woodlands for Health is a nature-based intervention programme focused on green exercise in a forest setting.

The voluntary programme was developed specifically to support those with mental health difficulties. Mental Health Ireland, Get Ireland Walking and Coillte are the current partners on the national steering group for this programme, with evaluation support from Dr Tadgh MacIntyre and the GoGREEN initiative at the University of Limerick.



In 2019, we supported the pilot of seven sites across Ireland implementing the Woodlands for Health programme. The University of Limerick conducted a national evaluation and findings were launched at our annual Networking and Learning event in November. The report showed a 31% increase in self-reported wellbeing after the 12 week programme.



Postgraduate Certificate in Mental Health Promotion



In June, we launched our new Postgraduate Certificate in Mental Health Promotion in conjunction with NUI, Galway. The programme is designed for people working in different sectors who wish to develop knowledge, skills and competencies of mental health promotion and its implementation in practice. The programme aims to provide participants a professional education and training in the principles and practice of promoting positive mental health and wellbeing. The academic direction of the programme is provided by Professor Margaret Barry, NUI Galway. Academics in the Discipline of Health Promotion, together with contributions from practitioners and those with lived experience in the specialist field of study, deliver the lectures and workshops.

International Initiative for Mental Health Leadership (IIMHL)

The International Initiative for Mental Health Leadership (IIMHL) is a unique international collaborative that focuses on improving mental health and addictions services. IIMHL is a collaboration of nine countries: Australia, England, Canada, the Netherlands, New Zealand, Republic of Ireland, Scotland, USA and Sweden. IIMHL organises systems for international innovation sharing, networking and problem solving across countries and agencies. The overall aim is to provide better outcomes for people who use mental health and addiction services and their families.

The Leadership Exchange is a weeklong learning event which is held every 16 months. The Mental Health Promotion department attended a match in Toronto through the IIMHL conference series in September. Our match consisted of 25 people working mental health promotion from New Zealand, Australia, Sweden, England, Canada and the US. We attended two site visits to programmes implemented nationally in Canada - one for disadvantaged groups – 'Growing up Healthy Downtown', and secondly 'SickKids' which is aimed at improving the outcomes across the lifespan and promoting the science of MH promotion into practice with families during pregnancy, infancy and early childhood.



The emerging theme from all those at the match was the need for workforce development internationally in mental health promotion to gain understanding and joint up thinking on utilising evidence to support mental health and wellbeing.

The participants on the match were particularly interested in our new partnership programme with NUI, Galway, the Postgraduate Certificate in Mental Health Promotion. To their knowledge, this course was the first of its kind internationally.

BUILDING RESOURCES

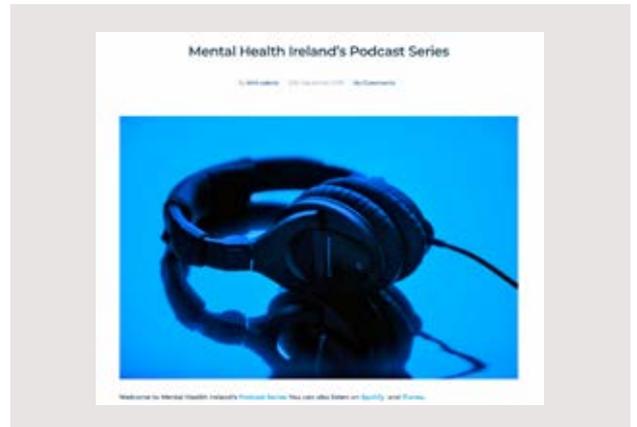
Literature

As part of the expansion of our resources, we refreshed our literature library to include revised editions of our pocket guides – Anxiety and Stress. We also developed a new innovative video on the Five Ways to Wellbeing. This acts as a supplementary support to our Five Ways to Wellbeing training workshop for the community and workplace settings.



MHI Podcast

The Mental Health Promotion Department supported the content development for our Podcast series in 2019. We worked in partnership with the Communications department on the selection of mental health related topics, guests with expertise and lived experience, and content for the six-episode series which are available wherever you get your podcasts.



- Mind-Body Connection: Alan Heary & Brendan Doyle.
- The Science of Sleep: Dr. Matt Sadlier.
- Nutrition and your Mood: Orla Walsh.
- Mental Health and Recovery: Martha Clark & Professor Brendan Kelly.
- Technology and Youth Mental Health: Dr Colman Noctor.
- Looking at Loneliness: Sean Moynihan & Alison Spittle.

Website redevelopment

In 2019 we worked closely on the content development for our website remake. We explored new topics for promoting positive mental health and wellbeing that resonated more with our target audience based on the data. We worked to revamp and update the research of our national campaign – the Five Ways to Wellbeing and included the most up to date national research in the area of mental health and wellbeing available.

2. Living Life Well

“Recovery is everyone’s business. It is unique to each individual, family, group and mental health service. Recovery is described as a journey and with any journey, there is planning, preparation, roadmaps, signposts, pit stops and roadblocks.”
(Recovery - A Short Co-produced Guide to Recovery in Mental Health).

Our strategic pillar of Living Life Well places the person with lived experience of mental health challenges at the centre of their own recovery.

MHI recognises that each of us is the architect of our own lives, challenges, journeys and recovery.

There is no single, unifying, definition of recovery but people in recovery describe it as personal and unique to each individual. It’s about finding the best way for you to live a life of your choosing even with the mental health challenges.

It can be summarised as having, ‘Somewhere to live, someone to love, somewhere to work and something to hope for.’
(Norman Kirk).

As Martha Clark (Peer Support Worker) says in our podcast episode on mental health and recovery, “Recovery is deeply personal. It can mean something different to everyone you meet. For me, it was to be able to engage with life again, to be able to feel the air in my lungs again, to enjoy meeting friends for coffee again...”

MHI recognises and values the expertise of lived experience and understands that this is pivotal to our role as we lead and inform society’s understanding of mental health and recovery.

The Living Life Well arm of our strategy incorporates all of our recovery orientated, co-produced and peer-led initiative, goals and actions.

At Mental Health Ireland, co-production is the beating heart at the centre of what we do. We believe that with co-production, the invaluable voice of people with lived experience and their family members, the essence of our work can be brought to life.

“Mental Health Recovery means a life worth living, with or without mental health difficulties, is possible for everyone.”
(Advancing Recovery in Ireland)

SUPPORTING RECOVERY & EDUCATION

RECOVERY COLLEGES

Over the 12 months of 2019, we welcomed many new staff members leading on strengthening Peer Education, Service Improvement and Recovery Colleges. This work is making a profound difference to people’s lives as they regain their confidence, develop new skills, and rebuild their lives within the community.

Mental Health Ireland, in partnership with the HSE Office of Mental Health Engagement & Recovery, was able to significantly grow the brilliant work being done by Recovery Colleges and Recovery Education Services across Ireland.

Recovery education is the process by which individuals explore, assimilate and create the knowledge required for recovery to occur in their own lives or in the lives of those they support or provide services to and in the local communities that sustain individuals in recovery.

Recovery education takes a strength and adult education-based approach which offers the choice to engage in learning opportunities. It is underpinned by the values of self-direction, personal experience, ownership, diversity, and hopefulness. (National Recovery Education Working Group, 2017).

Mental Health Ireland supports Recovery Colleges throughout Ireland:



Mid-West Aries: Provide the Mid-West Region with an inspirational and inclusive educational programme on recovery and well-being.



Galway Recovery College: Create a culture of recovery, to improve quality of life and promote social inclusion by empowering people with mental health challenges, their families, friends and the community through co-produced education and learning together.

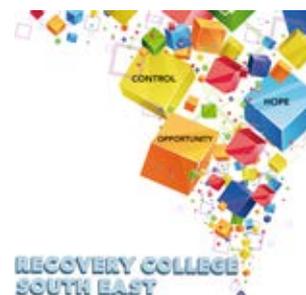


Mayo Recovery College: Advance personal recovery through vibrant adult education.



Recovery College South East:

Provide recovery orientated educational courses and workshops for people who experience mental health challenges, psychological distress, addiction and other challenges.





Regari: Create a culture of recovery, to improve quality of life and promote social inclusion by empowering people with mental health challenges, their families, friends and the community through co-produced education and learning together.

EDUCATION

In 2019, and alongside our new partnership with NUI Galway, Mental Health Ireland was proud to continue a partnership with University College Cork and Dublin City University to offer three third level certificate courses which aim to support the promotion of positive mental health, recovery and peer support working.



Through the Mental Health Ireland Tony Leahy Scholarship Programme, we were delighted to support students with new learning and qualifications in 2019.

The scholarship was named in honour of our colleague and friend Tony Leahy, who sadly passed away in November 2018, and from 1st January, 2019, Mental Health Ireland's educational bursaries fund was formally recognised as the Tony Leahy Scholarship.

Tony was one of the first to invite people with lived experience and their family members and supporters to sit at the national table with those who provided the services. He understood that change could not happen until we were inclusive of all voices, and made it part of how we plan our services.

His work culminated in the co-producing of the 'National Framework for Recovery in Mental Health 2018 – 2020' which is his ultimate legacy to ensure a consistent, evidenced-based approach to embedding recovery-oriented practice in services.

At Mental Health Ireland, through our scholarship programme in 2019, we offered funding to support 74 people in their educational achievements.

CERTIFICATE IN MENTAL HEALTH IN THE COMMUNITY (UCC) LEVEL 6

A partnership development between Mental Health Ireland and Adult Continuing Education in University College Cork, the Level 6 Certificate Mental Health in the Community is an innovative part time programme designed for the community participant, to enhance the participant's knowledge, skills and values in respect of mental wellbeing and recovery.

The programme explores what can work for people who experience mental health difficulties in supporting personal recovery. It examines contemporary debates in the field of mental health with a focus on recovery approaches and frameworks.

It looks at good practice in mental health promotion and suicide prevention across a range of services and community based initiatives. It explores concepts of mental health, and considers community based educational and support options for mental health recovery.

CERTIFICATE IN PEER SUPPORT WORKING IN MENTAL HEALTH (DCU) LEVEL 8

This course is for people who would like to be Peer Support Workers or Family Peer Support Workers in the area of mental health. It aims to help develop participants' knowledge and skills in order to develop their practice as peer support workers in mental health inpatient and community settings.

The course examines the latest trends and developments nationally and internationally in recovery orientated mental health practice, explores the historical, statutory and policy framework within which the Irish Mental Health Service operates, the core principles, competencies and practices of peer support working, the principles of the individualised nature of recovery, person centred approaches, reflective practices, supervision, and support structures to maintain fidelity to the role of professional peer support working.

The philosophy of the programme is underpinned by; intentional emancipatory education; utilisation of lived experience; a facilitated (as opposed to didactic) learning process; and the pursuit of practical wisdom. The pedagogical approach is 'co-operative learning', one that has been developing in the School of Nursing and Human Sciences in DCU since 2007.

PEER EDUCATION

MHI continues to work collaboratively with the HSE on the following projects: Service Reform Fund (SRF), Mid-West Aries Project (HSE Mid-West CHO3), HSE National Mental Health Engagement & Recovery, National Forensic Mental Health Services (NFMHS - CHO6), EVOLVE Recovery College, Recovery College Mayo (MMHS CHO2), Recovery College South East (CHO5), Galway Recovery College (CHO 2) and MindSpace Mayo (CHO2). This collaboration will continue to grow in 2020, with new posts created to support the work of Peer educators across the country to embed Recovery into the services.

A national Peer Educators Network was established in 2019. This gives Peer Educators the opportunity to share, co-produce and get to know each other and how working together ensures collaboration on Recovery Education and Recovery College developments. This forum plays an important role in maintaining coherence and quality in this arena. While MHI facilitates and supports this Network, the agenda and content are determined by the Peer Educators themselves. The Network meet every two months and twice a year there is a National collaborative meeting between Peer Educators, Recovery Co-ordinators, Mental Health Engagement and Recovery and MHI to review all the advancements, quality assure recovery modules and progress new initiatives as well as celebrate successes.

The collaboration between Mental Health Ireland and the National Forensic Mental Health Services continues to flourish, evidenced by the positive experiences of students attending the EVOLVE Recovery College in 2019.

The two appointed Peer Educators continue to work with service users, the NFMHS Carers group and various staff groups at the NFMHS in the co-production and co-facilitation of Recovery education workshops and courses. The first Graduation ceremony took place in August 2019, with more than 180 certificates being presented to students for their successful participation in a range of programmes which are designed to inform, inspire and empower students in becoming experts in their own wellbeing.

HSE PARTNERSHIPS

PARTNERSHIPS WITH THE NATIONAL OFFICE OF MENTAL HEALTH ENGAGEMENT & RECOVERY (HSE)

Mental Health Ireland facilitates the employment of the Engagement and Recovery team who are charged with the implementation of the HSE National Framework for Recovery in Mental Health (2018-2020).

The purpose of the Mental Health Engagement and Recovery Office is to support the HSE in developing and driving core service improvement programmes to support the development of Recovery Oriented Services.

In 2019, Mental Health Ireland continued to work collaboratively with the Engagement and Recovery team supporting them in achieving its goals through its work on the Recovery Education Advisory Group and Communications and Marketing group.

Mental Health Ireland continues to work collaboratively with the HSE on the following projects:

- Service Reform Fund Project.
- Engagement & Recovery.
- The Evolve Recovery College at the National Forensic Mental Health Services.
- The Recovery College Mayo.
- Roscommon/East Galway Mental Health Services.
- Galway Recovery College.



- Mid West ARIES Project.
- Recovery College South East.
- Service Improvement Programme in CH03.
- MindSpace Mayo.

Our Development Officers work closely with recovery groups and organisations in their areas. Their collaboration with these networks is highlighted throughout.

GATEWAY

Gateway is a peer-led project which offers its members a wide variety of activities and works with a broad range of community partners to promote greater social inclusion and belonging.



MHI manages the project, employs the Gateway Staff and is supporting Gateway towards registering as a charity in their own right. Refurbishment of the leased premises was undertaken and completed in 2019. Gateway is funded by the HSE under a detailed Service Arrangement.

OUR VOLUNTEERS

Mental Health Ireland is a volunteer-led organisation, and our hundreds of volunteers across the country are the very backbone of the charity.

Our Mental Health Association members, our Board, our fundraisers and supporters, work with Mental Health Ireland in a voluntary capacity, giving their time, skills and passion to help us promote positive mental health, wellbeing and recovery.

For this, now and always, we want to say Thank You.

We have hundreds of Volunteers located in communities all over the country and we are so grateful to them for supporting and promoting Mental Health Ireland's mission, vision and values through their contributions.



NATIONAL LEARNING & NETWORKING EVENT

In 2019, Mental Health Ireland hosted its second annual National Information and Networking Event for our Mental Health Associations and Volunteers at the Glenroyal Hotel, Maynooth, Co Kildare on November 15th and 16th.



150 delegates, of which 82 represented our Mental Health Associations, attended the co-produced event.

'Building the Bridge: From Ideas to Action,' was packed full of networking, workshops and activities, entertainment and a 'Brag and Steal' section where our Mental Health Associations were invited to display projects and programmes that worked well for them to share with other volunteers.

The workshops covered a wide array of mental health topics and titles such as; Recovery and Engagement; Working our Way to Recovery; Smoking and Mental Health; the Five Ways to Wellbeing; Moving your Mind.



We invited speakers and guests to take the floor, such as Professor Margaret Barry who is blazing a trail for mental health promotion nationally and globally, and Michael Ryan, National Head of Mental Health Engagement and Recovery.



MHI's Strategy was launched at this event in 2018 and one year on, we showcased the progress that had been made as well as celebrated the innovations being developed by Volunteers in MHAs.

The event was co-produced with representation from MHA volunteers, Peer Educators, Development Officers and the Team in Head Office to foster a greater sense of involvement between MHAs and MHI by engaging in a more active and bi-directional dialogue.



The conference ended with the launch of the Woodlands for Health report with Jason King (Get Ireland Walking) and Dr Tadhg MacIntyre (University of Limerick).

PARTNERSHIP PROJECTS

FIRST FORTNIGHT FESTIVAL

MHI continues to be a supporting partner to the First Fortnight Arts Festival which takes place annually in the first two weeks of January. It is a charity created to challenge mental health prejudice through arts and cultural action, driven by performances, film, art and hundreds of volunteers across the country. In 2019, First Fortnight hosted the European Mental Health Art and Culture Festival and celebrated the work of over 140 entries from 22 different countries. The festival celebrated the energy and future of modern Ireland, within our European community.



In 2019, Mental Health Ireland attended events such as the celebrated Therapy Sessions, and promoted all of the events on social media and our website. First Fortnight 2019 continued to grow its reach across Ireland, and had live music, film, theatre, discussion, sport and arts events staged in close to 20 counties across Ireland. Through creative arts, it created open discussion and understanding of mental health challenges, prejudices and discrimination.

GREEN RIBBON CAMPAIGN

“You don’t have to be an expert to help. You just have to want to help. Get people out and get talking.”
(Patrick Hipwell, Green Ribbon Ambassador)

The Green Ribbon campaign is co-ordinated by SeeChange. It is an anti-stigma campaign that runs for the month of May. There are events taking place all over the country and people are encouraged to wear a Green Ribbon for the month to support the campaign and let others know they are open to conversations about mental health. Mental Health Ireland partners with Green Ribbon, The Irish Farmers Association and Coillte to roll out nationwide Lets Talk & Walk Woodland Walks. In 2019, the 7th year of the Green Ribbon campaign, 500,000 ribbons were distributed throughout Ireland, with more than 100 partner organisations including Mental Health Ireland, supporting the national campaign. 92 buildings were lit up green, including Connolly Station, Sky Ireland and AIB branches around Ireland.

The number of Walk and Talks along with the energy and sense of community around Green Ribbon grew in 2019, and nine guided walks were organised by the committee:

- Kilrush Forest, Co Clare.
- Avondale House & Forest Park, Co. Wicklow.
- Cloughjordan Ecovillage, Co. Tipperary.
- Ards Forest Park, Co. Donegal.
- Rossmore Forest Park, Co Monaghan.
- Roscahill Forest, Co. Galway.
- Emo Forest, Co. Laois.
- Doneraile Park, Co Cork.
- Fore Valley, Castlepollard, Co Westmeath.



Mental Health Ireland had representation at each of the events, and really enjoyed the wonderful sense of community within the beauty of nature throughout the month.

MUSIC IN MIND

Music in Mind, developed by the National Concert Hall’s Learning & Participation programme, consists of 16 weekly sessions of 90-minute drumming or choral sessions for people who experience mental health concerns. It is a great way for people with lived experience of mental health difficulties to engage with the joy of music in a fun and structured way.

The programme was delivered in Arklow, Birr, Carlow, Gateway Rathmines, Kells, Kilmallock, Kildare, Manorhamilton, Mullingar and Wexford. The crescendo of the year was a very special performance by the groups at the iconic National Concert Hall in November – an unforgettable experience for all.

NATIONAL OFFICE FOR SUICIDE PREVENTION

MHI collaborated with NOSP in a review of bereavement support services available across the country. This included a mapping of current service provision, literature review and supporting the development of a framework for bereavement support services and associated training. Mental Health Ireland have also been

key to the development of National Guidance for the provision of suicide prevention services which is now completed and being tested by several NOSP funded NGOs. Catherine Brogan, Development & Training Manager is the NGO representative on the Connecting for Life Cross Sectoral Interdepartmental Steering Group. This role includes attending the Steering group meetings and representing the voice of the NGO sector as well as communicating the outcomes back to this sector. This role was a Ministerial appointment. At local level, MHI's Development Officer Team contribute to the implementation of the CHO Local Action Plans through the delivery of training, attendance at and contributing to local Connecting for Life meetings.

TOBACCO FREE IRELAND PARTNERSHIP

In 2019, MHI collaborated with Tobacco Free Ireland and began a process to review the existing document supporting service users to quit smoking. A coproduced group was formed. One of the key actions that emerged was the National Conversation Café on Smoking, Mental Health & Recovery in July. This was intended to gather the opinions and suggestions from all stakeholders on how to improve supports for service users and staff in relation to smoking cessation. A findings report has been published and is being circulated widely by the HSE and MHI's own network. The next stage of the partnership and co-produced group in 2020 is the creation of an overarching Guidance Document on Smoking, Mental Health and Recovery. This will take all stakeholder's opinions into consideration and will compile evidence of best practice with a strong emphasis on lived experience.

MENTAL HEALTH EUROPE

This year we co-produced a paper on Recovery in Mental Health for Mental Health Europe, *Short Guide to Personal Recovery in Mental Health*. This paper has since been further developed and printed as a booklet (*A Short Co-produced Guide to Recovery in Mental Health*) by MHI and is available to the public via hard copy or digital copy. A version has also been published as an online resource on MHE's website. This booklet will be a valuable resource for people with lived experience of mental health challenges, their families and providers.

Following on from the coproduction of the MHE Paper on Recovery, three people with lived experience of mental health challenges were invited to participate in the MHE Empowerment Seminar in Germany. This was a great success and has led to Mental Health Ireland submitting a successful proposal to host the 2020 MHE Empowerment Seminar.

IIMHL

Representatives from MHI co-hosted an exchange at this year's IIMHL in Washington on Peer Led Recovery Initiatives and Coproduction. Actions from the match included:

- Sharing resources – e.g., toolkits, quality assurance frameworks, curriculum, methodology, research and evaluations, etc. – our individual organizations have developed.
- Sharing updates on the pilot process of crisis centres in Ireland.

- Schedule bimonthly/quarterly Zoom calls to share ideas and continue to support growth.
- Seek ongoing opportunities to share information learned from each other with our colleagues and wider networks of people who support individuals working on their recovery.

COMMUNITY DEVELOPMENT WORK

PROJECTS AND EVENTS IN THE COMMUNITY SUPPORTED BY MHI DEVELOPMENT OFFICERS

Mental Health Ireland have eight Development Officers who work across the CHO (Community Healthcare Organisation) service areas in Ireland. DOs work closely with the National MHI team, the HSE, and in partnership with stakeholders in the voluntary and community sector to coproduce projects, campaigns and initiatives to promote positive mental health and support recovery.

They support:

- the operation and development of Mental Health Associations (MHAs).
- the coproduction of Recovery Initiatives in the local community.
- the coproduction and facilitation of MHI's Mental Health & Wellbeing workshops.
- training for MHI Volunteers.
- National Mental Health and Recovery Promoting Initiatives.

MENTAL HEALTH WEEK 2019

Mental Health Ireland's Development Officers were delighted to partner with local groups in the community during Mental Health Week in October to support the delivery of a range of mental health and recovery promoting initiatives.

CHO1 – DONEGAL, SLIGO & LEITRIM CAVAN & MONAGHAN

Our Development Officer in Donegal Bill Vaughan supported the delivery of an array of events in the county during World Mental Health Week (October 7th – 13th). Donegal's 'Mind Wellness' ran four programmes of Stress Control in different parts of the county that were open to everyone. Cloughaneely Mental Health Association teamed up with SOLAS for a day of walking, talking and celebrations together. Moville Mental Health Association organised a community walk on World Mental Health Day, October 10th. In the media, Highland Radio discussed topics around mental health on some of their programmes throughout the day.

Our Development Officer in Cavan and Monaghan, Miffy Hoad supported volunteers and advocates with a number of Connect Cafés throughout the counties during World Mental Health Week. Hosts included:

- SOLAS Drop In Centre.
- Teach Oscail FRC Cavan.
- Focus FRC Killeshandra.
- Dochas for Women Monaghan Town.
- Harps GAA Club Monaghan Town.
- ISPC Child & Family Network Carrickmacross.
- Clones Hen's Shed.
- There was also an adaptation of the theme by a local Art Group they called 'Create & Connect'. It was attended by some of the Woodlands For Health Participants.



Mental Health Ireland's Development Officer for Sligo and Leitrim, Rachel Reilly took a leadership role in the co-ordination of a programme of events around the World Mental Health Day theme of 'Suicide Prevention'. Over 20 organisations in Leitrim participated in the week with events such as:

- Launch of a wellbeing walking group.
- Odd Socks Day.
- An evening of Mindfulness & Wellbeing.
- Women's Health & Wellbeing morning.
- Coffee mornings.
- Fitness & Wellbeing Expo.
- Carrigallen Health Information event.
- Health & Nutrition for Wellbeing.
- Tech Free coffee morning.
- Talk on Substance Misuse.
- Leitrim Daily Live.
- Lunchtime Mindfulness session.
- Fundraising Social Dance.

- Ageing Well with Confidence workshop.
- Healthy Lifestyle Information Session.
- Mental Health & Wellbeing workshop.
- Opening to the Light within Me – meditation.
- A range of training and educational workshops.



In Sligo, Rachel partnered with the Students Union in Sligo I.T. to organise events using the tagline 'Lifting the Silence'. Events included the hosting of Connect Cafes, a 5,000 steps to wellbeing walk and mental health messaging campaigns.

CHO2 – MAYO, ROSCOMMON & GALWAY

On World Mental Health Day, our Development Officer Teresa Keane in Mayo and Roscommon, supported the partnership of Mayo Mental Health Association with the Mayo Mental Health Fair Committee to officially launch their latest powerful campaign "Hello Mayo, How R U?" The campaign encourages everyone to stop, really listen and engage with a person when asking how they are. Large numbers of people stopped by the Marquee in the town centre which was manned by 10 volunteers to chat about their mental health, learn about resources and access training. Suicide prevention is an enormously complex and sensitive challenge the world over, and some of the world's smartest people have been working tirelessly and developed credible theories that suggest there's power in that simplest of questions.



Roscommon Mental Health Services and Mental Health Ireland held a hugely successful Connect Café in The Melting Pot Café, Roscommon on World Mental Health Day. There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world. With the theme of 2019 Mental Health Day being Suicide Prevention and with research showing that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages, the Melting Pot decided to do something different and support MHI's Connect Café to help people make a connection.



Teresa also supported volunteers run MHI's Connect Café in partnership with MHI volunteers in Roscommon. The event took place on October 11th in Roscommon Town Centre.

Teresa was delighted to attend the coffee morning at Rehab and Recover, joining participants with long term and enduring mental health challenges to celebrate recovery.

Teresa also hosted an information stand at Mayo General Hospital, and at Strokes Town Day Centre in Roscommon where participants enjoyed a theatre session, a woodland walk, a horticultural session and a visit from a local pharmacist.

In Galway, Mental Health Ireland Development Officer Nicola Morley linked with Tuam Mental Health Association and the new CE scheme in the Information Centre to host a 5,000 Steps to Wellbeing walk around Tuam town. The MHA held a Tea/Coffee morning during social inclusion week, in Tuam Library. There was music, singing and lots of conversation on the morning and at the annual Quiz on World Mental Health Day. At the Library, some of the service users from Toghermore attended and a number of the regular library users joined in. Local Councillor Peter Roche attended and entertained the group with a few songs.

During Mental Health Week, Galway Mental Health Association collaborated with St. Anthony's Credit Union in the roll-out of 'Galway, How are You? Connect for Coffee'. Seven coffee shops around the city came on board and served free coffee on World Mental Health Day. These included 1520 Bar, Busker Brownes, Caprice, The G Hotel, The Galmont Hotel, The House Hotel & The Salthill Hotel.



Galway MHA held their annual Choral Recital in St. Nicholas Collegiate Church on Friday night 11th October. Over 200 people attended the event. As with previous years it was a very enjoyable evening full of music and song provided totally on a voluntary basis by the choirs who performed on the night which included, Cois Cladaigh, GMIT Voices, Galway Sings Project, DEASP Workplace Choir and Galway Simon Music Project. For some of the Choirs, the night was an opportunity for their debut appearance including the Galway Simon Community Choir which comprised staff and service users.

CHO3 – CLARE, NORTH TIPPERARY & LIMERICK

Our Development Officer for CHO3 John McElhinney worked with the North Tipperary Mental Health Week working group meetings to bring together and host a colourful community event on October 8th with Tipperary Hurler Seamus Hennessy.



Limerick MHA again provided a packed programme of offerings for the week. West Limerick MHA held an event in Newcastle West with Dr Colman Noctor as a main speaker.





Limerick MHA & Ennis MHA had a press launch for their respective weeklong programmes in September 2019. An array of events were rolled out across the counties during Mental Health Week, including a Family Fun Day in Castletroy, Choral Night, Shine a Light on the River, and much more.

John also collaborated and supported a successful Connect Café in LIT Thurles Campus on October 9th.

West Clare MHA held a coffee morning and a walk, and welcomed Dr Colman Noctor and Noelle Crehan to speak on wellbeing and mental health to a packed out room.



The North Liberties MHA showcased the Mental Health Association Projects and enjoyed an hour of self-care for staff facilitated by Senior Clinical Psychologist, and North Tipperary had a busy schedule of events throughout the week.

CHO 5 – WATERFORD, WEXFORD, SOUTH TIPPERARY, CARLOW, KILKENNY

In CHO5, Development Officer Linda Thorpe was proud to support Mental Health Associations who worked in partnership with other organisations in their area. Craic'd – Letting the Light In' was Lifelinkk's fourth annual celebration of World Mental Health Day. Lifelinkk is an umbrella group for all organisations in County Kilkenny, State, Voluntary and Community, with a mental health remit.

Its aim is to forge and strengthen relationships between community and statutory organisations and to be a collaborative voice on issues relating to suicide, mental health and wellbeing and the festival was a celebration of positive mental health with workshops and events.



The 'Beat Your Own Drum' youth project was on display for the duration of the festival and on Saturday October 12th with the town centre vibrating with music and poetry.

The Recovery College South East hosted Coffee and Chat at Kilkenny Café, and welcomed people to find out more about what's available in the community to support mental health and wellness for all.

Lifelinkk's annual afternoon of music, dance and food for the Young at Heart took place in Hotel Kilkenny at 3pm. This event was organised in conjunction with the Community Gardaí of Kilkenny.

Open Door is Kilkenny's only group for young LGBTI+ people and their allies. It is a gay/straight alliance so is open to all young people aged between 12 and 18 regardless of their sexuality or gender identity. We get involved in campaigns to make life better for young LGBTI+ people, raise awareness and have lots of fun in a safe and supportive environment.

Mensana Mental Health had a number of events welcoming people of all walks of life including a Connect Café, mindfulness sessions, minding your mental health workshops, woodland walks, and music for mood workshops.



Wexford Mental Health Association celebrated the week with a packed schedule of events such as mindfulness discussions, a WRAP café, a Connect Café, coffee mornings, and supporting meetings.

CHO 8 – OFFALY, LAOIS, LONGFORD, WESTMEATH, LOUTH & MEATH

In CHO 8, Mental Health Week was celebrated with a number of events that brought the community together. Our Development Officer Finola Colgan supported with the organisation and hosting of events such as Laois Connects, Meath Mental Week, Offaly Minding Your Mental Health and activities created by Dundalk Positive Mental Health Group.



Events included:

- ‘Our Vision our Voice’ was hosted by Mullingar MHA.
- Westmeath Arts Council photography project for mental health service users across the services i.e CAMHS, Adult MHA and Psychiatry of Later Life. Exhibition opened in Westmeath Atrium by Martin Rogan CEO MHI.
- Castlepollard Community Group and Mullingar MHA – Five Ways to Wellbeing.
- Five Ways to Wellbeing Films shown on the big screen at Dunamais Art Centre Portlaoise. Keynote Speakers Martin Rogan CEO MHI and Guest Panellist representing services users, carers and providers – 70 in attendance. This was carried out in partnership with Laois Connects.
- Five Ways to Wellbeing Workshop MHI/Laois Sports Partnership.

RAISING YOUR VOICE CHOIR

During Mental Health Week, we were delighted to support and attend the Raising your Voice concert at the Helix in DCU. The aim of the event was to raise awareness of mental health and the social stigma attached to mental ill health by hosting Musial Mental Health Awareness Concert.



The Raising Your Voice Choir comprises of Service-users, family members and Mental Health Staff who are linked to the Mental Health Services along with mental health advocates collaborated on this project, culminating in an evening Concert of Music, Dance and Comedy.

COMMUNITY DEVELOPMENT WORK

2019 was a dynamic year for our Development Officers. Here is a snapshot of the Development Officers activities around the country during 2019. The work is represented under:

- Mental Health Promotion.
- Living Life Well.
- Organisational Fitness.
- Training.

CHO1 – DONEGAL, MONAGHAN & CAVAN, SLIGO & LEITRIM

We have three Development Officers who work across the CHO 1 area. They are Bill Vaughan in Donegal, Rachel Reilly in Sligo & Leitrim and Miffy Hoad in Cavan & Monaghan.

Donegal

MENTAL HEALTH PROMOTION

Throughout 2019, our Development Officer in Donegal Bill Vaughan collaborated with organisations, such as the local health forums, the Gardai, the GAA and the CoH-SYNC project, to promote Mental Health Ireland initiatives and to inform the community about how to mind and nurture our mental health and wellbeing.

In 2019, Cloughaneely MHA organised a Smiley Pancake event in Falcarragh on Pancake Tuesday to promote positive mental health and raise funds for the association.



In collaboration with See Change, Coillte, Donegal Local Development Company, Irish Farmers Association and Cloughaneely MHA, Bill organised the 5th annual Walk and Talk event in Ards Forest Park in May. Over 200 people attended the event.

LIVING LIFE WELL

In 2019, Bill continued to support the iRecovery College project. The project aims to establish a cross-border Mental Health Recovery College Network between the Republic of Ireland and Northern Ireland to support people recovering from mental ill-health. By participating in the Recovery College process, people who have experienced mental health challenges will come together with mental health staff to co-produce and co-deliver training and support programmes to enhance mental wellbeing and personal resilience. Bill promoted and facilitated HSE programmes such as Stress Control, Quality of Life Self-Management Programme, ASIST & SafeTALK. He also delivered Mental Health Ireland's own programmes – 'The Five Ways to Wellbeing' and 'Mental Health and Wellbeing'.

Bill met with the management team of the CoH-Sync Project and facilitated wellbeing workshops to teams involved with the project. He also gave a wellbeing talk and workshop at an event in Ballybofey that was organised by the CoH-Sync project. The Project is seeking to establish Health and Wellbeing Hubs designed to support people in improving their health and wellbeing, specifically in relation to the areas of physical activity, nutrition, smoking cessation, alcohol misuse and mental health. The Project aims to maximise the opportunities for the Community and Voluntary sector to be involved in the development of the Hubs which will deliver activities to tackle the risk factors associated with chronic conditions.

ORGANISATIONAL FITNESS

MENTAL HEALTH ASSOCIATIONS

Throughout 2019, Bill supported the Mental Health Associations in the county in their activities and events.

TRAINING

Bill had a busy year facilitating workshops, delivering more than 40 'Five Ways to Wellbeing' workshops in Donegal to community groups, Family Resource Centres, Parent's Associations, Sports Clubs, Carer's Groups, and the Donegal Travellers Association. In 2019, Bill delivered mental health training workshops, ASIST programmes and SafeTALK programmes on behalf of the HSE / NOSP in Donegal. Bill also delivered workshops in the workplace on how to provide a healthy working environment.

As Coordinator of the charity 'Donegal Mind Wellness', Bill led a number of free Stress Control programmes around Donegal throughout 2019, which was attended by over 200 people throughout the year.

Cavan & Monaghan

LIVING LIFE WELL

Our Development Officer for Cavan and Monaghan Miffy Hoad was dedicated to the promotion of mental health and recovery throughout 2019. Miffy set up a Facebook page 'Cavan Monaghan Wellbeing & Recovery' on behalf of the group to promote events & activities that are happening locally. It has proved a great resource for reaching a wider audience and disseminating information.

Miffy also continued to support the iRecovery College, promoting and delivering HSE programmes such as Stress Control, Quality of Life Self-Management Programme, ASIST, SafeTALK & Understanding Self Harm.

A CHO 1 Mental Health Engagement Area Forum meeting was held in Sligo in September. The Area Forum will aim to work collaboratively so that members can liaise with HSE and other agencies to address important issues identified at the local forums and other areas of service user and supporter engagement in the community. Key to developing this work is coproduction and collaborative working.



NEW MHA

A new MHA is in train in Cavan. It will form the basis of a Drop In Centre in the new Involvement Centre proposed for Cavan Town.

TRAINING

Miffy facilitated an extensive list of mental health and wellbeing training in Cavan and Monaghan during 2019, including:

- Dochas For Women, Monaghan Town.
- Parent & Toddler Group, Clones FRC.
- Hen's Shed, Clones FRC.
- Rehab Care, Baileborough.
- Rehab Care, Cavan.
- Cluid Housing Association, Belturbet.
- CROCUS Cancer support group, Monaghan.
- Five Ways Workshop for Delegates, FORSA Conference, Sligo.
- ISPCC Child & Family Network Members, Cavan.
- Deis Nua Addiction Support, Cavan.
- Extern Traveller Group, Baillieborough.
- Citizens Information Service, Cavan.
- Ballybay I.C.A.
- Clones FRC Staff & Board of Directors.
- M.S Society Support Group, Carrickmacross.
- Clones Parent & Toddler Group, Clones
- Youth Work Ireland, Clones – Five Ways to Wellbeing Installation Project.
- Peace Link, Clones, Workplace Employees.
- Mullan Lighting, Workplace Employees and Managers.
- Breffni Integrated Development.
- Lisdoonan Community Centre.
- Belturbet LGFA.
- Virginia Show Centre.
- Western Hotel, Monaghan.
- Scotstown GAA Club House, Scotstown, Co Monaghan.

MENTAL HEALTH PROMOTION

WOODLANDS FOR HEALTH

In 2019, Cavan Sports Partnership were successful in their application for funding for the Woodlands for Health Programme! A collaboration between CSP, CMHS, MHI, Coillte, Healthy Cavan & HSE Social Inclusion delivered the 12 week programme that ran from September to December. Miffy represented MHI at lunchtime a presentation and spoke about the Cavan programme at Coillte HQ to staff.

FIVE WAYS TO WELLBEING INSTALLATION

The Five Ways to Wellbeing Community Installation Project made steady progress throughout 2019. The first workshop for the project was delivered to a group from Youth Work Ireland in Clones in July. This was part of a collaboration with the Peace Link Sports Facility in Clones where the installation will be placed in the new year.



A prototype was developed by PH7 Design in Monaghan Town and was presented at the MHI National Sharing Conference in November. The sites include AIB banks; The Peace Link, Clones; Teach Oscail & Focus FRCs Cavan; Athlone & Dundalk I.Ts.

GREEN RIBBON

The IFA organised a Green Ribbon Woodland Walk & Talk in Rossmore Park on Sunday May 12th. Miffy gave a short talk about the meaning of stigma and also signs to be aware of and how to support rather than advise.

STREET FEAST

In May, Miffy addressed the participants of the 'Killygoan Street Feast' which is now an annual event in Monaghan Town. Miffy used the opportunity to emphasise the benefits of their community efforts and elaborated on the 'Connect' element of the 'Five Ways' and praised how they are supporting each other and their own wellbeing through these events.

FUNDRAISING

SMILEY PANCAKE

Clones Hen's Shed held a Smiley Pancake Event and donated the proceeds to Monaghan MHA

STUDENT FUNDRAISER

Students from The Patrician High School, Carrickmacross raised €500 for MHI. The students involved had won a Commendation at Young Scientist Exhibition for their research project into 'The relationship between excessive screen time and raised anxiety in teenagers'.

BIRTHDAY FUNDRAISER



Elaine Keogh held a Jungle Body Workout fundraiser at The Hillgrove Hotel Monaghan Town on World Mental Health Day.

ORGANISATIONAL FITNESS

Miffy sits on the Healthy Monaghan Steering Group, which last year launched the Health Monaghan Strategic Plan 2019 – 2022. Miffy also sits on the Steering Group for Monaghan PPN, who has very proactive and have over 500 local groups registered with them. They are convening a Steering Group to developing a Wellbeing Strategy for the County through public consultation.

As a member of Connecting for Life Community Implementation Committee, Miffy has been able to use the forum to promote the Five Ways to Wellbeing Community Installation Project; Connect Cafés and MHI Mental Health Promotion Programmes. She has been able to network well through the committee as well as contribute to debate and discussion about local issues and support actions and initiatives to promote positive mental health and suicide prevention.

Sligo & Leitrim

LIVING LIFE WELL

HSE MENTAL HEALTH ENGAGEMENT & RECOVERY

HSE Mental Health Engagement & Recovery brings together people who provide services, people who use services and their families and community supports. Mental Health Engagement & Recovery supports mental health services becoming more recovery focused. Our Development Officer in Sligo and Leitrim is Rachel Reilly. Rachel attended and contributed to the monthly meetings of the Advancing Recovery Ireland committee for Sligo/Leitrim. She attended a Team Recovery Implementation Plan (TRIP) workshop. TRIP is a tool which is used to embed recovery ideas and practice into the day to day work of individual teams. MH Teams in Sligo/Leitrim are actively working on developing a framework to assist teams to co-produce services that will enhance the experience of people using them and so better facilitate their recovery.

Rachel facilitated the engagement of the mental health teams with MHI programmes – Woodlands for Health (Sligo), Music in Mind (Sligo and Manorhamilton) and the MHA Health and Wellbeing Programme (Sligo and Carrick on Shannon).

SERVICE REFORM FUND

Rachel attended local Action Learning Set Workshops which were focused around the process of transitioning residents out of Specialised Rehabilitation Unit's back into the local community. The focus was on the centrality of the lived experience and how the move from an SRU to a private tenancy can be supported by staff, community and families. An exploration of needs and potential issues around transitioning to independent living was carried out. A major finding from this was the expressed need of the service user for more development at a social and community integration level – "friendship", "more activities or distractions", "small group outings", "a listening ear".

Rachel contributed to the 'Capacity Building a Community of Excellence for/with Our Youth' event organised by Service Reform Fund which had the aim of informing the development of an implementation plan for the youth stream of the SRF project.

Rachel is a member of the planning committee for the Mental Health Friendly Town initiative which will be piloted in Sligo under the SRF. One of the central areas of focus for this initiative includes the development of a wellness hub to support the mental health and wellbeing of people on their recovery journey. A suitable building has now been secured and plans are due to progress.

MUSIC IN MIND

Two Music in Minds programmes were completed in 2019, one in Liscarney House Sligo involving older adults and the other with Manorhamilton Men's Group in Co. Leitrim. Feedback was extremely positive with both groups endeavouring to continue on with the activity. The participants and staff from Liscarney House organised a Garden Party during the Summer where they showcased their musical achievements from the programme to family and friends.

MACE – MULTIPLE ADVERSE CHILDHOOD EXPERIENCES

The MACE Project aims to transform the lives of vulnerable children/families that are most at risk from multiple adversities in their lives, by identifying, intervening early and providing nurturing and support within their own homes and communities. It is led by the CAWT Partnership and TUSLA. Rachel is a member of the working group and has advised around networking opportunities and the implementation in the Sligo/Leitrim area.

WOODLANDS FOR HEALTH

Our Development Officer established a local working group to rollout the programme in Sligo. Partners included Sligo Sports Partnership, MHS Occupational therapy department, Coillte, Get Ireland Walking and MHI. The programme launched in May 2019 in Sligo. 18 participants were recruited with an average of 12 attending most weeks. Feedback was very positive! Due to the success of the programme, the working group initiated another 10 week programme which commenced on the 19th September. Many of the previous participants continued to attend along with some new faces.

MENTAL HEALTH PROMOTION

ART & PHOTOGRAPHY

Rachel reached out to all post-primary schools and Youthreach settings in the area to promote the MHI Art and Photography competition 2019 at a local level and to encourage participation. Rachel was also a provincial Judge for the Connaught entries from young artists and photographers who showcased their talents, and working around the theme of The Five Ways to Wellbeing.

CONNECTING FOR LIFE

Rachel actively participated in the local CfL strategy meetings, and worked with the Resource Officer for Suicide Prevention to progress actions around the following objectives:

- Deliver national positive mental health campaigns at a local level, such as the Little Things campaign.
- Deliver mental health training to identified priority groups in Sligo and Leitrim.
- Promote positive mental health messages and signposting of services during World Mental Health Week.



Additionally, a series of ten local community events was organised by the working group. The purpose of the Lifting the Silence on Suicide community events was to open the conversation about suicide in all communities throughout Sligo and Leitrim. This initiative aimed to bring suicide prevention to the local communities by engaging in a conversation at a community level where suicide can be directly addressed. This series of events falls under goals one and two of *Connecting for Life Sligo and Leitrim*. These events were launched for WMHW in October and commenced in November 2019.

ORGANISATIONAL FITNESS

MENTAL HEALTH ASSOCIATIONS

Throughout 2019, Rachel actively supported Sligo MHA and Breffni MHA towards achieving charitable status. She met with volunteers to assist with the development of their business plan and strategy in line with that of MHI. Sligo MHA and Breffni MHA have now attained registration with the Charities Regulator. The following is a summary of the work the MHAs engaged in during 2019.

Sligo MHA

- Organised monthly social and recreational activities for mental health service users and attendees of organisations such as the National Learning Network and North West Parents & Friends Association.
- Continued to manage and maintain the nine unit Ard na Greine housing complex to a very high standard.
- Executed the Health & Wellbeing programme – a fund to support the recovery journey of individuals. The aim is to assist with removing financial barriers to accessing community supports and activities eg swimming lessons, art classes, mindfulness workshops.
- Part sponsored a representative from Sligo to participate in the Certificate in Peer Support Working in Mental Health course in DCU.
- Supported residents of Liscarney House to continue the Music in Mind programme after it ended.
- Supported the DO with WMHW activities.

Breffni MHA

- Supported local group Saol Nua, social group for people with learning issues or mental health issues, with the continuation of their activities.
- Executed the Health & Wellbeing programme – a fund to support the recovery journey of individuals. The aim is to assist with removing financial barriers to accessing community supports and activities eg swimming lessons, art classes, mindfulness workshops.
- Organised a church gate collection.
- Supported local mental health events such as 'Leitrim's Health is Wealth' by setting up information stands with MHI literature.

Easkey MHA

- This group is currently in the process of divesting their housing assets to HAIL with the support of MHI. Since the development of the Radharc na Mara housing complex, there have been a number of long standing volunteers who have given an outstanding amount of time and dedication to serving the residents here. Their work is highly commendable and much appreciated by everyone.

TRAINING

Rachel met with various community based organisations in Sligo and Leitrim including Sligo Leader Partnership Company and Leitrim Development Company to promote MHI trainings specifically targeting marginalised groups.

In line with Connecting for Life, Rachel developed a brochure of training offerings which included MHI core trainings (Mental Health & Wellbeing workshop and Five Ways to Wellbeing) and other HSE funded training and circulated widely among both the voluntary and statutory agencies in Sligo and Leitrim. Some of the organisations, the Development Officer partnered with around the delivery of MHI training in both the community and statutory sectors in 2019 included:

- Kilgar Day Club.
- Sligo Leader Partnership.
- Leitrim Development Company.
- Travellers Programme Carrick on Shannon.
- Older Adult Health Promotion.
- Tusla Child & Family Networks.
- Sligo Sports Partnership.
- Sligo I.T.
- West Sligo Family Resource Centre.
- Active Age groups Leitrim.
- GSK Sligo.
- Kiltyclogher Heritage Centre.
- Glencar Feel Good Club.
- St Michaels Family Life Centre Sligo.
- Thursday Club, Ballagh Centre Rossinver.
- Intellectual Disability Service HSE.
- Mohill Family Support Centre.
- Catalysts Group Sligo.
- Sligo Volunteer Centre.
- North West Hospice Sligo.
- Over 55's group Kinlough.

- Community Training Centre MSLETB.
- Young at Heart Dromore West.

She also delivered the following workshops:

- ASIST Manorhamilton.
- ASIST Sligo.
- Mental Health First Aid Sligo.
- Mental Health First Aid Carrick on Shannon.
- SafeTalk Enniscrone.
- SafeTalk Sligo College of Further Education.
- Understanding Self Harm Sligo.
- Understanding Self Harm Carrick on Shannon.
- Stress Control session Sligo.
- Stress Control session Carrick on Shannon.

CHO 2 – MAYO, ROSCOMMON & GALWAY

We have two Development Officers for CHO 2, Teresa Keane who covers counties Mayo and Roscommon, and Nicola Morley for Co Galway city and county. Both DOs are very active across the counties promoting mental health and wellbeing, as well as providing training and support in the community.

Mayo & Roscommon

LIVING LIFE WELL

HSE MENTAL HEALTH ENGAGEMENT & RECOVERY

On March 21st, Mental Health Engagement & Recovery held a Regional Learning Set in The Hudson Bay Hotel in Co. Roscommon called *Recovery- Together it happens*. This was a joint Learning Set between CHO1 & CHO2. DO for Mayo & Roscommon Teresa Keane was involved in organizing the workshops and the promotion of the event. Teresa looked at recovery in the context of CHIME (Connection, Hope, Identity, Meaning and Empowerment) and was part of a panel who fielded questions about recovery taken from the 200 strong audience.

MENTAL HEALTH ENGAGEMENT

The CHO 2 Mental Health Engagement area spans Mayo, Roscommon and Galway. The objective of the forum is to develop an action plan that will work on ideas arising from their meetings. Three meetings were held in Claremorris and the main themes, 1. Absence of out of hours service for people in crisis 2. Accessing information on MH Services - Both HSE and community 3. No support for people following suicide attempt - aftercare is crucial to preserve life. These themes arose from

the local fora and were discussed at the meetings which were hosted by Head of Mental Health Services, Charlie Meehan and chaired by the Area Lead for Mental Health Engagement Colette Tuohy. Development Officer Teresa Keane offered suggestions to enable communication, promote information sharing and collaboration to bring about better outcomes for all. Suggestions included: Assigning peer workers to specific GPs in Mayo; developing a hub in the Family Resource Centre where peer and family peer workers would be available for people to link with and opening a 24/7 crisis café; Replicating the Mayo Suicide Prevention Alliance committee in Roscommon and Galway; Replicating the Mayo Mental Health Association model as a one stop shop for information and a signposting service in Galway and Roscommon; Promotion of the Eden project setup by Suicide or Survive (SOS) to provide a safe space for those in need who have attempted suicide or have had suicidal thoughts.

Teresa and Donal Hoban agreed to create visual map of all committees in Mayo & Roscommon to demonstrate how groups interconnect and the work that is being done so that it can be fed back to the forum.

MAYO MENTAL HEALTH FAIR



On May 9th Mayo Mental Health Fair ran a conference in Ballina Arts Centre. An impressive number of front line professionals, community workers, people with lived experience and family members enlightened and inspired by sharing resources they offer to support recovery and sharing their personal stories. The Fair also included three successful workshops including drumming, Laughter Yoga, and Meditation.

MUSIC IN MIND

The Melting Pot Community in Roscommon's final session of the eight week programme culminated in a street party on June 26th. More than 20 choir members led by Devon sang a melody of tunes that showed off their wonderful repertoire to a 100 strong plus crowd. The Melting Pot Café were the group met regularly for eight weeks. This culminated with a group performance at The National Concert Hall which the group were very excited to attend.



PROJECTS AND INNOVATION

The Community Fairs (Mayo & Roscommon) are innovations in both Mayo and Roscommon and the brainchild of Development Officer Teresa.

Mayo & Roscommon Mental Health Fair Committees draw their membership from those with lived experience, carers and family members. Its membership also includes statutory, community and voluntary groups. The Fairs provide all parties with a fora for co-production in the planning, delivery and co-ordination of activities to ensure promotion of positive mental health to all individuals and communities in both counties and recovery and social inclusion of people with lived experience of mental distress. More than 1,000 secondary students have attended the conferences, and hundreds of community members and clinicians have come to the seminars and volunteers have engaged in hundreds of conversations about mental health via the How R U? Campaign. The fair focuses on organising, promoting and developing 'Mental Health Weeks' specifically World Mental Health Day in October and the Green Ribbon campaign in May through the delivery of conferences, seminars, themed workshops, campaigns, films, panel discussions and information stands.

WOODLANDS FOR HEALTH

DO Teresa linked Get Walking Ireland with Greg Clarke and Orla O'Dinn in the MH service in Roscommon. Later in the year, Teresa informed Greg that Woodlands for Health had been re-awarded to Roscommon. The programme was a huge success last year they attracted 50% new membership for the 2020 programme.

Teresa gave a Five Ways talk alongside programme initiator and Coillte Recreation Officer, Charlie Burke in Mote Park where the second phase of the popular programme is being rolled out. The project is a programme prescribed by medical professionals of forest based activities for mental health patients and monitors progress over set periods. It is in its second phase in Roscommon and has been immensely popular with 25 participants signing up.

WITH (WELLBEING IN THE HOME) PROJECT LAUNCH

Ireland's first online information resource for young people whose parents experience mental health distress was launched by Mindspace in Castlebar Co Mayo. The WITH project (Wellbeing In The Home), is a young person's guide to parental mental health, and is the culmination of two-year's work by extremely dedicated individuals and groups.



WITH is a collaboration between Mayo Child and Adolescent Mental Health Services (CAMHS), Mindspace Mayo, young people representing Mindspace and Comhairle na nÓg, and young people who have used the CAMHS service. All of the resources were developed under the guidance of people who share the experience of living in families where mental illness is a part of family life, young people and service providers in the mental health field.

MENTAL HEALTH PROMOTION

MAYO HOW R U?

Mayo How R U? is the latest powerful initiative supported by Carlow MHA and was piloted by Mayo Mental Health Fair on Mayo Mental Health Day in May. The campaign encourages asking neighbours, friends, family members and colleagues: “How RU?” in a meaningful way.



The event, which took place in The Museum of Life in Turlough as part of Mayo Day on May 4th was a huge success. Volunteers handed out more than 500 green ribbons and had more than 100 conversations about mental health. “Connecting face to face is so important for somebody who might be going through a tough time. If there is somebody in your life who you’ve been meaning to talk to, use ‘Hello Mayo, How R U?’ to reach out to them,” explained Teresa, who is also Chair of the Mayo Mental Health Fair Committee. Thank you to Carlow MHA and the brilliant volunteers who have run Carlow How R U? with great success over the last five years.

GREEN RIBBON WALK AND TALK

Walkers turned out in force to support Mayo Mental Health Fair’s first ever Woodland Walk and Talk which took place in the beautiful surroundings of Belleek Woods on May 9th. The benefits to mental health brought by both exercise and contact with nature are well known and the walks encourage people to get outdoors into the natural environment to improve mental wellness. The aim of the event was to further interest in walking and to bring to the fore the more social element of talking so that the two can be enjoyed together.

PATHWAYS TO HEALTH AND HAPPINESS

More than 450 transition and 5th year students from schools across Mayo turned out to hear Psychologist Shane Martin host his talk “Pathways to Health and Happiness” in The TF in Castlebar. The event was organised to celebrate the Green Ribbon campaign to ‘End Mental Health Stigma’ by Mayo Mental Health Fair Committee. The highly regarded Psychologist, Poet and author of “Your Precious Life - How To Live It Well” addressed a packed audience about “Ten Tips To Health and Happiness” to mark mental health awareness month and his comments were very well received by the students present. The esteemed Psychologist with his past experience as a secondary school teacher before delving into the study of Psychology told the students to “have each other’s backs”. “When the hurdles of the leaving cert are upon you in the near future, remember that you are all in it together!” Shane prescribed the act of helping each other in the often stressful exam period, through sharing notes to lend a hand to fellow students who may be struggling.

Mayo Mental Health Association in partnership with the HSE, The Movement Castlebar, Mayo GAA and Healthy Ireland held the launch of the Moving your Mind Initiative 2019 in the New Leisure Complex at Lough Lannagh. With the 2018 pilot proving to be a great success it has been decided to facilitate the programme again in 2019 in four different clubs; Burrishoole GAA, Ballina Stephenites GAA, Ballaghaderreen GAA & The Neale GAA.

These events have been designed and developed to showcase how exercise and good nutrition can promote positive mental health and wellbeing within rural communities. The aim of the locations is to try to capture every region within the county.

The guest speakers for the event include Seamus Tuohy Mayo Mental Health Services/Mayo GAA, Andy Moran The Movement Gyms, Lianne McManamon Mayo Mental Health Association, Evan Regan Nutrition and Neil Douglas Yoga/Meditation.

MOVE YOUR MOOD

Mayo Mental Health Association in partnership with Elverys Intersport (Mayo) launched a brand new campaign called Move Your Mood.



Niall Dunne, Manager of Mayo Mental Health Association explained that the purpose of the Campaign is to highlight that keeping active throughout the winter months for all age groups is important for the overall mental health and wellbeing of each individual within their community.

TURLOUGH 8K FAMILY FUN RUN



Parke Keelogues Crimlin GAA in conjunction with Mayo Mental Health Association, and the Country House National Museum of Ireland hosted the hugely popular Annual Turlough 8k in February. More than 200 runners and walkers took part. Spring sunshine, snowdrops, a few early daffodils and a bracing wind greeted the participants who turned out to participate in the annual event.

ART POSTER COMPETITION

Mayo Mental Health Association Art Poster Competition is part of their education programme to promote positive mental health. The fun project challenges young people to express their thoughts on positive mental health through their art. Addressing the large attendance at the presentation of awards in the Ivy Tower Hotel, Castlebar, chairperson of Mayo Mental Health Association, Mr. P.J. Murphy said the project was now in its 10th year, and a huge success with schools around Mayo.

MIDWEST PODCASTS

Teresa proposed and developed the idea of Midwest Podcasts. The five minute pods focus on positive mental health messages aimed at promoting understanding and awareness around mental health and self-care strategies. Teresa has developed new partnerships with a number of partners who have produced their own pods including Men's Shed, HSE, MRC, Tusla, Mayo Mindspace Youth Panel and Mayo Women's Rape Crisis Centre, Liam Gildea who has a lived experience, to support, advise and guide in the scripting of their pods.

ORGANISATIONAL FITNESS

NEW MHA: MENTAL HEALTH ROSCOMMON

DO for Roscommon & Mayo Teresa led out on setting up a new association in Roscommon. Mental Health Roscommon got an early Christmas gift when they were informed they had been successful in their application for Charitable status and received their Regulator number on November 30th 2019. With the support of Roscommon County Council, Teresa held a public meeting on June 28th which was attended by more than 60 people. The aim of the meeting was welcoming new volunteers and establishing a committee and elect key officers. Sinead Dowd was voted Chair of the new Mental Health Roscommon. Lisa Nolan was voted in as secretary and Sinead Larkin was voted Treasurer. Dylan Gavin was voted in as the new associations Vetting Officer. With Teresa's support, the new Association held a series of meetings to agree and develop a business plan to develop the setup of the new Mental Health Roscommon.

SOCIAL INCLUSION AWARENESS WEEK

Our Development Officer is a member of the Social Inclusion Committee and Mayo LCDC's Social Inclusion and Community Working Group who co-ordinate the event. Members include statutory and voluntary agencies including HSE, Mayo Coco, Tusla, FRC's, Mayo Women's Support Services, Galway Mayo Institute, Mayo Intercultural Action, Mayo TG, and Development Agencies. The week runs from 14th-20th October 2019 with the aim to support and organise initiatives throughout the county that foster inclusion, equality and social connectedness. It is an opportunity to celebrate the diversity of people in County Mayo, to showcase the work of your organisation and/ or to organise a special activity or event which promotes inclusion. Activities include interesting speakers, exhibitions, coffee mornings,

sports events, drama, story-telling, talks and debates, seminars, information events, displays, music recitals, initiatives to improve accessibility, films etc. (the list is not exhaustive).

TRAINING

Teresa delivered workshops and training around mental health and wellbeing, the Five Ways to Wellbeing and suicide prevention training around Co Mayo and Roscommon throughout 2019, working with community groups and workplaces.

Galway

LIVING LIFE WELL

MENTAL HEALTH ENGAGEMENT AND RECOVERY

Throughout 2019, our Development Officer Nicola Morley implemented the strategic goal of Living Life Well throughout Galway City and County through actively participating in and collaborating with the relevant stakeholders and structures which have been established in the area.

These include Galway Recovery College, the CHO 2 Area forum and links with the Mental Health Engagement and Recovery National Office in the HSE. In January, the Development Officer was part of the co-production team that developed a workshop called 'Working together to influence organisational change' which explored the topic of co-production and organisational change. The aim of the workshop was to support local forum members to work together to influence organisational change. The workshop co-production team included the Mental Health Engagement lead in CHO 2, the Peer Educator for Galway Recovery College, a family member and the Mental Health Ireland Development Officer.

In March, the Mental Health Engagement & Recovery Office in partnership with local Stakeholders planned, organised and rolled-out a Regional Learning Set in The Hodson Bay Hotel in Co. Roscommon called 'Recovery- Together it Happens'. This was a joint Learning Set between CHO1 & CHO2. The Development Officer from Galway City and County was an active member of the planning group for this event. Over 230 people attended. As part of this event, a video was produced by the HSE Mental Health Engagement and Recovery Division and the Mental Health Ireland Development Officer for Galway contributed to this.

During 2019, Nicola also supported and actively contributed to the review of the National Recovery Facilitators Training which is rolled-out by the National Mental Health Engagement and Recovery Division within the HSE.

The Area Forum for CHO2 was established in 2019. The MHI Development Officer linked in with the Mental Health Engagement Area Lead in relation to this structure and became a member of the group. This group meets approximately once a quarter.



The Adult Acute Unit in Galway was officially opened by Minister Jim Daly T.D. in September and the MHI Development Officer attended the opening.

MENTAL HEALTH PROMOTION

As part of the Mental Health Promotion activities of Galway MHA, a free public talk was hosted for parents and children titled *Raising Resilient Children in the Digital Age* on March 13th, which was a partnership between MHI and the MHA.



The talk was delivered by Child and Adolescent Psychotherapist Dr. Colman Noctor. More than 170 people attended on the night.

ORGANISATIONAL FITNESS

MENTAL HEALTH ASSOCIATIONS

Our Development Officer Nicola has been actively engaged with Head Office in relation to the governance requirements and the support of the Associations in her area. This has included reviewing existing Associations such as the Galway MHA, Tuam and District Mental Health Association and Cosáin- Pathways to Recovery, and looking at the potential for developing new Mental Health Associations in Galway such as the newly formed Mountbellow MHA.

Galway Mental Health Association

- Nicola worked with Galway MHA throughout the year to develop their activities and events and supported them in organising and promoting their Mental Health Week activities such as the Choral Recital in St. Nicholas Collegiate Church that had over 200 attendees and the connect and coffee event ‘Galway, How are you?’ Last September saw the retiring of Mrs. Fidelma Ryan, one of the longest standing members of Galway MHA. Fidelma volunteered with the association for over 30 years both at committee and Board level. Fidelma was also a member of the Board of MHI in the past. Galway MHA sincerely acknowledges Fidelma’s dedication through the years.

Tuam Mental Health Association

- In 2019, Nicola linked in with Tuam MHA and met with the new CE scheme in the Information Centre. As part of mental health week, the MHA hosted a 5,000 Steps to Wellbeing walk around Tuam town in October which Nicola took part in, as well as a Quiz Night and Coffee Morning.

PARTNERSHIPS AND COLLABORATION

TFIP COLLABORATION

During 2019, Nicola had the opportunity as the DO representative to work closely with the TFIP on a number of actions related to the topic of smoking, mental health and recovery. Examples include National Conversation Café: Smoking, Mental Health and Recovery – Creating Conversations that Matter and resulting report presented on the National Conversation Café at the HSE TFIP Inaugural Bursary Awards Event, which took place in the Royal College of Surgeons in Ireland. The MHI DO has linked up with Spun Out to support them on a campaign they launched at the end of 2019 on Youth Mental Health and smoking.



WORLD CONFERENCE ON TOBACCO OR HEALTH 2021

The World Conference on Tobacco or Health 2021 will take place in March of that year in Ireland and the DO represents MHI on the International Steering Group and local organising committee.

NATIONAL FAMILY RESOURCE CENTRE MHP PROJECT TRAINING SUBCOMMITTEE

Nicola re-joined the Family Resource Centre Mental Health Promotion Training Subcommittee. One of the key priorities of this group is the roll-out of a train the trainers Suicide Code of Practice Programme.

GALWAY HEALTHY CITIES (GHC)

During 2019, Nicola developed links with the GHC Co-ordinator. In the early part of 2019, the Galway Healthy Cities Strategy was in the process of being developed and the Development Officer linked with the HSE Suicide Resource Officer in Galway, Mary O’ Sullivan to review the goal under mental health, which is to make Galway a city that promotes and protects the mental health and wellbeing of all its people. Nicola made several recommendations such as inclusion of the promotion of the Five Ways to Wellbeing Campaign and to include Galway Recovery College in the Strategy. The Minister for Health Promotion, Catherine Byrne, launched the Galway Healthy City Strategy in June.

The GHC Coordinator implemented a 12-week programme targeting a number of priority groups throughout the city and as part of this, Nicola organised for the provision of MHI’s Five Ways to Wellbeing promotional materials for inclusion in the programme.

The Development Officer is currently working in partnership with the GHC Co-ordinator, the Local Sports Partnership in the city and two other representatives from the Friends of Merlin Woods Group in relation to implementing three community focussed walking and nature-based programmes in three different woodlands across Galway city, which is based on the Woodlands for Health model.



MEN'S HEALTH WEEK AND CARERS WEEK

Nicola supported both Men's Health Week and Carers Week both of which ran concurrently from 10th-16th June 2019. This involved organising and hosting an information stand at a Carers Event in Loughrea on June 10th and an Information stand in Headford on June 13th for a Men's Health Event organised by the Family Resource Centre, Solas.

CONNECTING FOR LIFE

The MHI DO joined the CFL Implementation Steering Group for CHO2 in 2019. This is a multiagency group with representation from a range of HSE and other stakeholder groups across the three counties. It is chaired by Mr. Charlie Meehan, Head of Mental Health Services in CHO 2. The MHI DO actively contributed to meetings throughout the year, including co-facilitating a session with the MHI DO from Mayo/Roscommon to the group on the MHI strategy and local activities and how they link to the CFL Local Action Plan. The DO also reports quarterly on actions MHI is involved in and committed to.

TRAINING

During 2019, Nicola linked with the community, workplace and education settings in relation to the delivery of the Five Ways to Wellbeing workshops. There were two workshops delivered to two separate groups in the Irish Wheelchair Association and one to the wider community in Ballygar through the FRC. There were four corporate workshops delivered, one which had over 100 people in attendance. In NUIG there were two separate Five Ways talks delivered to around 600 students through the Seas Suas programme over two evenings and stress management booklets were given to all who attended. As part of the collaboration between Galway MHA and St. Anthony's Credit Union for MHW, the Development Officer delivered a Five Ways workshop to 23 Staff from the Credit Union.

Nicola delivered six Mental Health and Wellbeing workshops during 2019, four to GRETB staff from across the two counties, one to Social Farming Ireland in Nenagh and one to Cluid Sheltered Housing in Tuam.

CHO3 – LIMERICK, NORTH TIPPERARY, CLARE

Our Development Officer in CHO 3, John McElhinney drove the message of positive mental health and recovery throughout 2019, collaborating with groups across a variety of sectors and counties, as well as supporting the development and activities of MHAs in these areas.

LIVING LIFE WELL

ADVANCING RECOVERY PRACTICE

In his role, our Development Officer supported the work of the 'Advancing Recovery Practice' group, one element of the work for the Service Improvement Team in CHO 3 in 2019. The ARP Group

was charged with ensuring the implementation of The National Framework for Recovery in Mental Health. This group sought to advance on the 'Peer Working Strategy' and supports/approaches to the discharge of people from the acute unit. There was good consultation on peer working, between Service Improvement Team, Limerick MHA and West Clare MHA. Several other elements and areas of consideration included peer support worker for acute unit, support/implement a key worker approach within services, modules to educate/support change and personnel in this regard. Also, how to integrate/partner more effectively and consistently with community partners working in mental health. Towards the end of 2019, the work of the ARP group was reconfigured with MHI Development Officer now representing MHI on the Family, Peer & Staff working group. The other groups are working on housing and employment (IPS) as part of the work of Service Improvement.

A collaboration between SRF/Service Improvement, HSE CHO3 and DCU provided an opportunity for five people with lived experience to attend, with expenses and travel paid, the DCU programme to train as a Peer Support Worker in Mental Health. The group subsequently commenced a traineeship in the CHO 3 area, and placement commenced for Le Cheile and the Acute Unit Limerick.

John also represented MHI at Area Forum meeting organised by Mental Health Engagement in 2019. MHAs continue to support Mental Health local forum engagement meetings, through awareness, promotion and meeting facilities.

ARIES

In 2019, ARIES continued its work in the region with additional modules and programmes being offered. ARIES has completed training with a panel of facilitators, and available and accessible to the region are the following workshops facilitated in the community: 'What is Recovery', 'Understanding Mental Health Services', 'Advocacy & Empowerment', 'Diagnosis & Beyond', 'CHIME', 'After Recovery, What Next?' and 'Living Well with Anxiety'. MHAs have also supported the ARIES workshops with promotion of workshops, venues and facilities. Several ARIES programmes took place this year in West Clare MHA & Ennis MHA, and other locations in good proximity to MHAs.

ORGANISATIONAL FITNESS

MENTAL HEALTH ASSOCIATIONS

Throughout 2019, the Development Officer supported the administration relating to stakeholders and interest groups in CHO 2 to include MHI's internal correspondence, reports and communication requirements. John worked with the MHAs with regular reminders and follow-up in respect of National Learning Event, and other MHI and related initiatives.

The DO attended MHA meetings and supported with CRA registration, suicide prevention as it applied to the work and activity of MHAs, and queries in respect of the completion of Children First awareness training for MHAs.

A total of seven MHAs completed their Charity Regulator process in CHO3 in 2019 and received their charity numbers. Three others were near completion in 2019.

John worked with the MHAs on their plan, approach and provision for suicide prevention, having circulated to MHAs for their reference related material from the FRC national team, in particular concerning planning and organising of events.

West Clare MHA

- DO John provided support and guidance to Aisling Glynn and the committee of West Clare MHA on their development of 'The Lighthouse' which opened in Kilrush at the end of 2019. The Lighthouse opened its doors to the Kilrush community in time for World Mental Health Day 10th October. Following MHI's support of West Clare MHA's initiative to establish a peer led Recovery Hub in Kilrush, Co. Clare, volunteers raised funds for the refurbishment of a former residential group home. A lease for the Lighthouse, at Limekiln Road, Kilrush was signed by MHI's Chairperson and CEO in October 2018. Following the recruitment process, a part-time Peer Support Centre Co-ordinator was appointed in November 2019 to work a 19-hour week. The appointee reports to the Board of West Clare MHA who manage and direct their work. MHI employ the Co-ordinator and costs incurred are reimbursed by West Clare MHA. With the support of the Development and Training Team and local Development Officer, MHI are working with UCC with a view to having the Mental Health in the Community Certificate Course delivered at the Lighthouse.



Some initiatives already commenced and others in development for The Lighthouse Peer Support Centre include: -

- Music in Mind, which has proven hugely successful and meaningful for participants.
- CFL roadshow took place on 25th September, hosted by the West Clare MHA & The Lighthouse. DO facilitated a 30-minute version of the Five Ways to Wellbeing, very well attended, and a good launch pad for The Lighthouse.
- The potential for UCC Mental Health in the Community to be offered at the Lighthouse, work is ongoing on this initiative.
- The Lighthouse succeeded in securing Leader funding.
- Official launch event for The Lighthouse, combined with a UCC taster event planned for March 2020.

Limerick MHA

- The DO supported Limerick MHA in the role they have taken on to support Aras Follain in Nenagh.

Ennis MHA

- Ennis MHA & the Sonas Centre has expanded its activities with a peer led group meeting on Saturdays. Pieta House has located its National Coordinator for Pieta's Suicide Bereavement support services at Sonas. Sharon Maxwell has commenced in her support role as administrator with Ennis MHA. Ennis MHA choir commenced in the middle of 2019.

Raheen MHA

- Raheen MHA continues to collate and showcase recovery focused activity in the region through the production and circulation of its Newsletter 'A Spot So Fair'.

PARTNERSHIPS

In 2019:

- Limerick MHA and Limerick Sports Partnership continued to support Woodlands for Health.
- Kilmallock MHA & West Clare MHA (The Lighthouse) continued to participate in Music in Mind. This came to an end in 2019.
- SHEP – the group's activity is coordinated by Healthy Limerick. MHI Development Officer is a member of the group responsible for applying for funding to bring SHEP programmes to Limerick.
- 'Make the Moove – Farmers Matter'. DO communicated with Anne Marie Crosse, HSE Health Promotion, concerning an initiative which supports and promotes farmers' mental health/wellbeing. A report is due in Q1 2020 on this grass roots based farmer initiative

CONNECTING FOR LIFE

In 2019, John represented MHAs & MHI on the Connecting for Life Implementation Group and CFL Partnership Sub Group. DO continued to progress CFL actions, and report quarterly to the CFL Implementation Group.



- Promote & support annual 'Mental Health Week'
- Support Mental Health Associations to implement best practice guidelines and protocol on suicide prevention and volunteer recruitment.
- Delivery of MHI's: - Five Ways to Wellbeing' & 'Mental Health and Wellbeing' programmes
- Support the activities in the two Peer Support Centres, Le Cheile (Limerick) and The Lighthouse Kilrush (West - Clare MHA)
- CFL Roadshows held in Kilrush and Newcastle West in September and October respectively. DO facilitated workshops at both events.

MENTAL HEALTH PROMOTION

PROJECTS AND INNOVATION

The DO represented MHI on Mid-West Mental Health Promotion Group with regional stakeholders, collaborating on the development of a regional timetable/booklet of trainings from organisations working in the same or related field, to provide a joined up offering to the community of CHO3. He discussed the reach and means to promote the awareness of the completed booklet. 'Connecting with Training' booklet was launched by Maria Bridgeman, HSE Mid West Community Healthcare on 3rd October, just after CFL Implementation Group meeting.

TRAINING

In 2019, Development Officer John delivered training and workshops to more than 650 participants across the CHO3 area. These included; Five Ways to Wellbeing, Mental Health and Wellbeing, Mind your Wellbeing (HSE) and SafeTALK training.

CHO5 – WEXFORD, WATERFORD, CARLOW, KILKENNY & SOUTH TIPPERARY

2019 was a year of continued transformation, growth and development in CHO 5, supported and guided by Development Officer Linda Thorpe, her last year in the dedicated role before a well-earned retirement.

LIVING LIFE WELL

MUSIC IN MIND

Wexford Mental Health Association and Link Training Services, working in collaboration with the National Concert Hall and Mental Health Ireland, rolled out two Music in Mind programmes in 2019. Both programmes ran for eight weeks and were very well attended and enjoyed. The highlight for the group was giving a live performance in The National Concert Hall, Dublin on November 19th. The DO supported, engaged with and was involved with the co-ordinator, tutor and participants throughout the project.



The DO also supported and engaged with the Music in Mind programme with three other areas:

- Ballyfermot Clubhouse
- Arklow
- Gateway. Dublin

All four centres partook in the Concert celebrating Music in Mind in the NCH. What a wonderful display of talent, passion and resilience.

HSE MENTAL HEALTH ENGAGEMENT & RECOVERY

In 2019, the DO sat on the implementation and development committee in Wexford/ Waterford. There were three identified projects for 2019, all projects are co-produced with service users, family members and professional staff.

1. Welcome Pack for D.O.P. Waterford Regional Hospital rolled out with great success.
2. Flow Chart- Re- Access to services- all G.P. surgeries supplied with same & other relevant organisations- is also a huge success.
3. Peer educator appointed.

Linda is a member of the Regional Mental Health Engagement & Recovery committee. In 2019 the DO supported and strengthened capacity building of peers through the Involvement centres in Carlow & Kilkenny which was of paramount importance. An involvement centre in Clonmel in South Tipperary which was established in late 2018 is going from strength to strength.

The WMHW festival was launched there this year, and Linda was a guest speaker at the launch.

RECOVERY COLLEGE SOUTHEAST

The Development Officer is on the steering committee of Recovery College Southeast. It is a very active organisation producing a whole suite of training and development programmes throughout the five counties. Wexford, Waterford, Carlow, Kilkenny and South Tipperary. All training and programmes are co-produced, delivered and co-facilitated in all of the CH05 area. They are very successful and well attended. A catalogue of courses can be seen on their website.

WRAP

The DO is an active member of both Wexford and Waterford WRAP groups. She supports the programmes through delivering, fostering and strengthening of WRAP networks/programmes.

WATERFORD RECOVERY AND LINK-UP

Waterford Recovery and Link-Up group were active throughout the year- some of the activities were:

1. Waterford Sports Partnership
 - Kick to recovery soccer- mental health service- programme ran over 6 weeks, three times a year.
 - Woodland walking series- benefit for mental health
 - Park run/ Park walk- Saturday mornings. It is a volunteer led free event that is on in the city and Tramore
 - The Well festival launch will coincide with mental health week- posters and info will be circulated

SOCIAL PRESCRIBING

The National Social Prescribing conference took place in Waterford on the 26th November. Social Prescribing received word that they were successful in securing funding from Slainte Care for one year. This funding will allow for the recruitment of a second full time Social Prescribing worker who will cover County Waterford. Social Prescribing is a way of linking people with non-medical sources of support within their community to improve physical, emotional and mental wellbeing. The main aim of the conference was to bring together a range of decision makers from health and community organisations, health funders, policy makers and researchers to identify how to mainstream social prescribing and make it available to everyone in their local community. A recent welcome development has been the awarding of the Sláintecare Integration Fund which allows for the continuation of the Waterford Social Prescribing in the city and for the expansion of the service to County Waterford. For information on the Waterford service contact socialprescribing@sacredheartfric.ie

WAVE TRAINING

WAVE training are facilitating a Level 3 QQI Capacity building course. 2 year course- 3 days per week. Referrals from multi-disciplinary team. QQI and non QQI Modules offered. Progression pathways is onto further education.



LIFELINKK

Lifelinkk Kilkenny were very active through 2019. Some of the activities were.

1. Crisis Café: Workhouse Union undertook a feasibility study on the Crisis Café for Kilkenny- 90% Leader funder 10% LifelinkK funded. Some of the committee and representatives from CH05 & CH02(Mayo) visited Aldershot U.K. This is a work in progress and work will continue on it for 2020.
2. Light up the Night Truck & Tractor run and Community Garda cycle were two very successful fund raising activities.
3. Crack'd Letting the Light in was organised, marketed and delivered by the committee and a group of dedicated volunteers.
4. A list of self-referral & services for wellbeing in Co. Kilkenny was launched on World Suicide day.

STAN - SOUTH TIPPERARY ACTION NETWORK

1. Major piece of work is the developing, delivering and marketing of the Positive Mental Health Festival
2. Held workshops on World Happiness Day March 12th to reflect the theme.
3. C. Murry represents STAN on the CFL forum
4. Hosted a Wellness Workshop – S.O.S. March 26th

WOODLANDS FOR HEALTH

In CH05, Woodland for Health is a programme in partnership with Wexford Sports partnership, Get Ireland Walking, Coillte, Wexford Mental Health Association, Wexford Mental Health Services and Mental Health Ireland. It was an outstanding success! Two programme – one in North and one in South Wexford -ran for 10 weeks and was well attended. Participation feedback was very positive, stating that they looked forward to walk every week, enjoyed the social interaction and felt empowered by being out in nature. The DO supported this project by attending some of the walks and acted as a liaison person between the group and MHI.

ORGANISATIONAL FITNESS

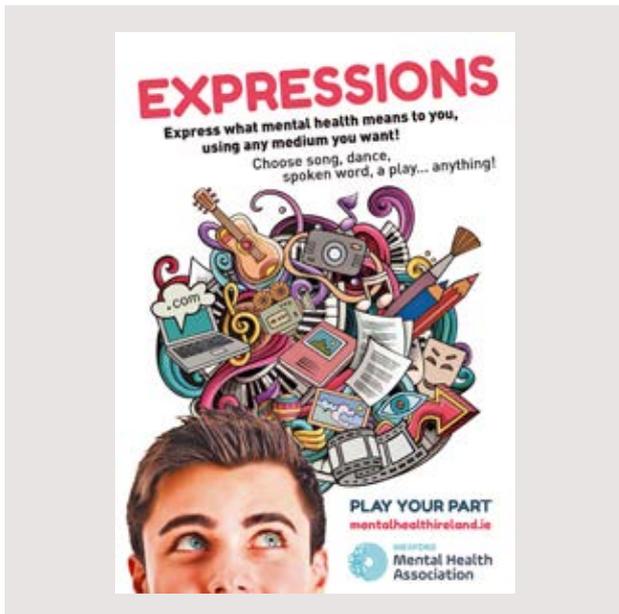
2019 was a very active year in the Southeast for the MHAs. The DO worked with each of the MHA's in a collaborative way, supporting them by fostering and strengthening connections and by delivering training.

NEW MHA – NEW ROSS

A committee of 13 people have come together to form a new MHA, and the application was due to be completed in early 2020.

Wexford MHA

- Wexford MHA had a wonderful active year including the colourful WMHA music programme, through the Creative Communities funding platform, Wexford County Council, and the Wexford IPS Employment Specialist Programme.



The Expressions Project continued to go from strength to strength in 2019, delivering a strong mental health message and promoting positive mental health and wellbeing throughout secondary schools in Co Wexford.

Carlow MHA

- Carlow MHA had another very active year in 2019. Two of the biggest events of the year were 'Hello Carlow, How R U?' which was a huge success with volunteers making contact with several hundred people. It created a great festival atmosphere and started the conversation. Mensana Fest 2019 was held in October, with over 40 different activities, talks and workshops were hosted.



Kilkenny MHA

- Kilkenny MHA held their annual Dinner Dance in the Springhill Hotel. Almost 80 service users, families and staff were in attendance. The evening was a great success and enjoyed by all, as the Rockies entertained the crowd. As always, Bernie Lynch and Christina Hickey were the chief organisers.
- KMHA held their annual BBQ in Hotel Kilkenny in early June. It was attended by in excess of 100 people. The food was beautiful and the music provided by the Rockies was very entertaining. A great evening was had by all with the dance floor never empty and the crowd actively taking part by many performing and doing their party piece. Well done to the organisers especially Christine Hickey & Bernie Lynch.
- KMHA support social recreational activities for service users on an ongoing basis throughout the year.
- KMHA also provide a comfort fund for service users who find themselves in hardship.
- KMHA- organised MHFA training in Sept 2019- it was facilitated by DO Linda Thorpe.

South Tipperary MHA

Cluain Training Centre

- Cluain Training Centre –under the auspices of S.T. MHA – Provide training, education which is FETAC accredited to 70+ trainees. There is a fully functioning restaurant which is open to the public. This restaurant provided the opportunity for training and employment for many trainees. A literacy programme is available. A range of activities including Upholstery, Hair Dressing, Health and Fitness, Relaxation and the Gym are very popular with the trainees.
- The Garden Project continues to flourish and is very successful both in the terms of what is grown and how enjoyable it is for the trainees to work in such an environment.
- Cluain also provide “Meals on Wheels” for the local community and is a truly integrated part of that community.
- Cluain Training Services are going from strength to strength. They have developed a gardening/horticulture project and acquired allotments. This is very beneficial to all the trainees and is both enjoyable and therapeutic.

South Tipperary MHA

- S.T. MHA actively support service users throughout the year by providing funding and opportunity to go on annual leave, day trips, educational trips & to enjoy dining out.
- S.T. MHA- support service users and their families and carers by actively providing financial support throughout the year- through their hardship fund.

- S.T.MHA provides ongoing support by being closely aligned with STAN – working in a collaborate way with other organisations in this space has proven to be very successful. A good example of this is the South Tipperary Positive Mental Health Festival of which they play a very pivotal role.
- S.T.MHA are also one of the key stakeholders in establishing the new involvement centre in Clonmel- this was achieved by working closely with ARI, South Tipperary Mental Health Services and MHI

CONNECTING FOR LIFE

The DO Linda sits on all five CFL committees in CH05. She is actively engaged in the strengthening, maintaining and support of the implementation of these plans, in a consultative way on committees, by working through other organisations which have been charged with certain tasks within the plan i.e.- LifelinKK Kilkenny- Carlow MHA and through providing Training in Positive Mental Health as requested by T.N. ROSP- Southeast. The DO took part in the Living Library Programme in Waterford – lead was L. Ryan Culleton –Training Officer NOSP. It was an interactive event where people attended the library and instead of taking out a book they could talk to a person from their area of interest. Over 20 organisation were represented on the night.

LOCAL PARTNERSHIPS

Linda took a very proactive involvement in a number of local partnerships in CH05 throughout 2019. Some are included below:

- Waterford Local Sports Partnership.
- Healthy City – Waterford-through Wellness/Link-Up group Waterford.
- H.P.U. – HSE – Susan Scully(national brief re Mental Health).
- HSE Suicide Resource Officer in CH05 – Tracy Nugent.
- HSE Suicide Resource –Training Officer in CH05 – Leighann Ryan Culleton.
- Public Participation Network, Community Department, Wexford County Council.
- PPN-Waterford City John Hawkes/PPN Wexford.
- Shine – R.D.O. Martin Matthews.
- Grow – Caroline Crotty/Mary Walsh.
- Aware.
- Active Retirement Groups.
- ICA.
- Rotary Club Wexford.
- Hope & Hospice Homecare Cancer support services Wexford.
- ABI – Acquire Brain Injury Ireland.

- Spinal Injury Ireland.
- GAA.
- Samaritans.
- Teach Tom- Peer Support Kilkenny
- Macra.
- FDYS – Youth Services Wexford.
- Enniscorthy Rugby Football Club.

MENTAL HEALTH PROMOTION

MENTALLY HEALTHY CITIES AND THRIVE FRAMEWORK

In 2019, the DO was actively involved with Enniscorthy Municipal town and district Chamber & Wexford CO.CO. to make Enniscorthy a SMART town while also incorporating the health ethos. The local GAA club launched the Healthy Clubs booklet.

COMMUNITY INSTALLATION PROJECT

During the year, our DO was actively involved in the development of the Community Installation Project with her colleague Miffy Hoad. This project is now ready to be rolled out in a pilot phase through the country.

TRAINING

During 2019, the Development Officer for CH05 continued to facilitate training and was part of a national training group. All MHI training programmes will continue to be actively promoted in the South East Region /CH05 throughout 2020. Throughout 2019, the DO facilitated training for NOSP, MHFA, HSE.

CHO 8 – MIDLANDS, MEATH & LOUTH

Finola Colgan is the Development Officer who drives innovation, collaboration, communication and support in the expansive CH08 area of the Midlands, Meath and Louth.

LIVING LIFE WELL

Founded upon our work in co-production and recovery for people with lived experience, MHAs have a long established and unique relationship with people who use mental health services. They have always promoted increasing independence, self-reliance and self-agency. Living Life Well is an invitation to share these insights with others through peer-led services, recovery education, and through developing progressive pathways back to full community integration where people can pursue and achieve goals to help them live life to the full.

In 2019, Finola supported the delivery of the Living Life Well pillar in MHI's Strategy in CH08. Here is a snapshot of this activity:

MASS OF REMEMBRANCE

Annual Mass of Remembrance for deceased patients of St. Loman's Hospital, former staff, relatives and friends, organised annually by Mullingar MHA and MHS Staff followed by a social gathering. Over a 100 people attended.

RECOVERY CAFÉ

The co-produced Recovery Café was held in Pebbles Coffee Shop, Kells in February. A menu of topics included Five Ways to Wellbeing and a presentation made by a local photographer who offered to organise a photography session later on during the summer.

SOCIAL EVENING

Mullingar MHA hosted a social evening for the 40 service users from Mullingar and Navan Mental Health Services and included choir performance by the participants from the Music in Mind Mullingar Group. The event was also attended by Navan MHA volunteers.

MUSIC IN MIND



- Birr MHA – Choir – based in Birr CMHC.
- Mullingar – Choir – “Voices Connect” in Aras Mhuileann - funded by Mullingar MHA. The Choir featured in the HSE National Magazine “Health Matters” based in Meath Day Mental Health Hospital.
- Tullamore – Choir – based in the John Bannon Centre.

LAOIS/OFFALY GAMES SPORT DAY

Tullamore MHA co-ordinated and co-hosted and funded “Games to Thrive” attended by 110 service users. They were held in Mucklagh Community Sports Centre.

WOODLANDS FOR HEALTH

The programme kicked off in May and wrapped in July. On average 21 Mental Health Service Users took part and benefitted from the programme and were supported by Laois Sports Partnership and Volunteer Walk Leaders.



HSE MENTAL HEALTH ENGAGEMENT AND RECOVERY

Our DO had regular liaisons with Duna McArdle, Area Lead CHO 8 Mental Health Service Engagement. Finola facilitated a Five Ways to Wellbeing Workshop in Longford and Portlaoise in June. Finola is also a Member of:

- the Planning Team for Learning Set – CHO 6,7,8 with the theme ‘Our Community Our Recovery’.
- the Midlands Louth Meath CHO 8 Area Forum.
- Louth/Meath ARI, with co-production of ‘Discharge Booklet’ for patients at the HSE Psychiatric Unit Drogheda.

MENTAL HEALTH IN THE COMMUNITY CERTIFICATE

Finola represented Mental Health Ireland at the student Graduation Ceremony of the MHI/UCC Mental Health in the Community Certificate course, held at Cavan Institute of Technology on November 26th.

MENTAL HEALTH PROMOTION

COPING WITH THE PRESSURES OF FARMING

This publication, which was co-authored by Finola Colgan and Barry Caslin from Teagasc, was fully adopted, reproduced and acknowledged by the Rural Network NI and launched at the Balmoral Show in May 2019.

THE FIVE WAYS TO WELLBEING COMMUNITY INSTALLATION PROJECT

The aim of this unique project is to create a high visibility message around mental health and wellbeing through the development of an education board that promotes the Five Ways to Wellbeing. It is planned to place an installation in the Midland Prison and Athlone IT Student's Union Social Care and Engineering Students.

GREEN RIBBON MONTH CAMPAIGN

Our DO supported and participated in the local Green Ribbon campaign throughout the month of May, including various Walk and Talks in venues such as Aughnacliffe (Longford) Fore Abbey (Westmeath) and Emo Court Woods (Laois), in partnership with MHI, Coilte and the IFA. Tullamore MHA organised a Green Ribbon Canal Walk which attracted over 80 people on May 18th.



EMBRACE FARMING

Over 100 people were in attendance at this event, with the DO hosting an Information Exhibition and giving a presentation on the Coping with the Pressures of Farming publication. It was acknowledged by Mairead McGuinness MEP at the event as an important resource for farm families.

OPEN DAY

Finola attended the Department of Employment Affairs and Social Protection Information Open Day for People with Disabilities. Up to 750 people attended the Exhibition. It was also an excellent opportunity to network and promote Mental Health Ireland with other agencies both statutory and voluntary.

WESTMEATH AGE FRIENDLY COUNTY

Finola gave a presentation at this event and was MC for Pride of Place Award.

ORGANSATIONAL FITNESS

Our Development Officer for CHO 8 takes a professional and dedicated approach to the Organisational Fitness pillar of the MHI Strategic Plan.

In 2019, Finola regularly attended the local MHA meetings throughout the region, as well as guiding MHAs to secure CR Registration in:

- Mullingar.
- Tullamore.
- Birr.
- Longford (currently in the process for completion).
- Merger of Navan MHA with Navan Mental Health Housing.

Finola also presented at the MHI National Learning and Sharing network event in November, and attended the National Health Promotion Conference at NUIG Galway in June 2019, which had the theme 'Building A Healthy Ireland Promoting Health and Wellbeing in Educational Settings'.

Finola was at the launch of the NUIG/MHI Postgraduate Course on Mental Health Promotion and promoted its availability, attended our MHI AGM Saturday 26th May with volunteers from Mullingar, Portlaoise and Longford, and made the journey to Dublin for the launch of our new video resources last June.

PARTNERSHIPS

Our Development Officer had supported MHI in building its national partnerships in order to strengthen collaboration and provide support to other agencies and promote mental health. This activity in 2019 includes:

- The Irish Men's Sheds Association in the delivery of a comprehensive Wellbeing Programme #Shedsforlife. It was piloted in Counties Kildare and Waterford Spring/Summer: Limerick and Louth Autumn/Winter Delivered MH&WB Workshops to seven centres in Kildare and Louth and they were attended by 118 men.

- Social Farming Ireland - Delivered mental health workshops in Navan.
- Veterinary Council of Ireland. Finola developed a strategic partnership with Athlone IT Vet Nursing Department to develop a Workshop for Vets and Veterinary Nurses to be delivered in early 2019. It has granted 11 CVE points by VCI.
- Irish UN Veterans Association. Finola met with Michael Thompson of the National Social Welfare Officer to plan a series of Five Ways to Wellbeing Workshop and the production of Wellness Information Boards to be placed in nine of their Centres throughout Ireland Mental Health Week October 2019.
- Irish League of Credit Unions. Finola delivered workshops on the Five Ways to Wellbeing to CU members in Athlone and Limerick in June.
- Teagasc. Finola, who is a member of the farming community herself, spoke on her piece 'Coping with the Pressures of Farming' and delivered Five Ways to Wellbeing training and workshops to farmers and their families.

MEDIA AND SOCIAL MEDIA

Finola has a prolific social media presence and as well as her own accounts, manages several platforms for MHAs. Finola is a regular Panelist on Midlands Radio 3 Will O'Callaghan Show, and is in regular contact with regional newspapers such as the Midland Tribune/Tullamore Tribune who have published Finola's articles to mark events such as International Women's Day.

TRAINING

In 2019, our Development Officer delivered training and workshops to over 2,300 participants. These included participants from:

- Teagasc Farmer Support Group.
- Dundalk Institute of Technology.
- HSE Employee Assistance Programme.
- North Leinster Citizen's Information Service.
- Offaly Volunteer Centre.
- Offaly Traveller Movement.
- Merchant Quay Ireland.
- Brown Thomas, Arnotts.
- Irish League of Credit Union.
- Midlands Living Links.
- Meath Volunteer Centre.
- Irish Men's Shed Association.
- MS Society Louth/Meath.
- Midland Prison.
- Louth Leader Partnership.
- Social Farming Ireland.



3. Organisational Fitness

As outlined in our 2019 – 2021 Strategic Plan, MHI will remain dedicated to a continuous improvement approach to how our organisation operates, harnessing the power and input of the many in our communities through the Mental Health Associations, Partners, Volunteers and Supporters.

In order to achieve our goals at a national and local level, we must have an organisation that is fit and ready to take on these tasks.

By investing in our skills and systems, we can safeguard those engaged with services as well as our Volunteers and retain public confidence.

We will continue to adapt to the needs of the people we work with to provide high quality, evidenced based, recovery focused services in all our interactions. As registered and regulated charities we will meet and exceed the standards expected in our sector.

As a National voluntary organisation, we wish to fully acknowledge the assistance and support of the Health Service Executive in advancing shared priorities. As we look to the future, MHI looks forward to growing our diverse funding base, with the generous support of our fundraisers and donors, to allow for greater independence and flexibility.

NATIONAL PARTNERSHIPS

In 2019, Mental Health Ireland continued its collaboration with a number of stakeholder organisations including the HSE (at national and local levels), the National Office for Suicide Prevention (NOSP), Connecting for Life, HSE's Health & Wellbeing Division, Healthy Ireland (Hi), HSE National Office for Social Inclusion, Woodlands for Health, Coillte, See Change, Green Ribbon Campaign, First Fortnight Arts Festival, Mental Health Reform, National Disability Authority, Housing Regulation Agency and the Charities Regulator. We continue to form active alliances and develop new links with mental health promoting partners in the Office of Tobacco Control, NUI Galway, Irish Cancer Society, Irish Heart Foundation, Association for Health Promotion in Ireland, Mens Sheds, Ombudsman for Children and Volunteer Ireland. In 2019, we formed new collaborations with Alcohol Action Ireland, Family Carers Ireland, and An Garda Síochána.



Mental Health Ireland staff member Barbara Davis remained committed to her role as a Board Member of Mental Health Europe, supporting the organisation in advocating for positive mental health and wellbeing and for the rights of people living with mental ill health and raising awareness to end mental health stigma and discrimination.



In 2019, Mental Health Ireland provided funding to the Child and Adolescent Inpatient units in Dublin, Cork and Galway to co-produce an artwork or garden project in collaboration with the Young People. Art Therapy is an emerging discipline in the Irish Mental Health Services as this inclusive mural at the Linn Dara Centre in Cherry Orchard shows.

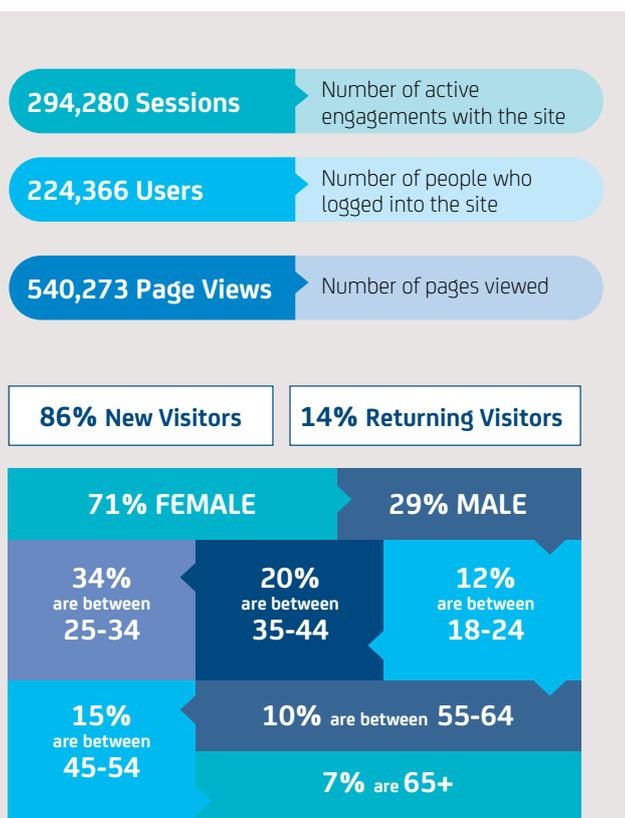
COMMUNICATIONS

With our digital communication platforms, such as our website and social media, we are able to reach each of our supporters and followers and talk to communities, partners and mental health advocates efficiently and with care.

WEBSITE

Our website is the cornerstone of our communication, support and information sharing. We want www.mentalhealthireland.ie to be a beacon of light and an information hub for people with queries about mental health and wellbeing, or an interest in how to learn more or get involved in promoting positive mental health and recovery. In 2019, we embarked in a redesign of our website coming to fruition in early 2020. We wanted our website to tell our story and evolution since our foundation in 1966. We wanted to offer a full picture of what

we do, from training in communities and workplaces, to our work with Recovery Colleges, and Mental Health Associations across the country. Our goal is that our website is accessible, informative and user friendly, full of trustworthy, evidence based information, resources and research. The site is regularly updated with news from MHI, our MHAs, our supporters and fundraisers and information about MHI's programmes and projects and information about mental health and wellbeing.



How visitors found us:



NEWSLETTER

Our newsletter reaches over 17,000 subscribers who want to learn more about mental health and wellbeing, hear about our news, events and programmes, and support our organisation during fundraising campaigns. In 2019, we sent 25 newsletters to each subscriber, sharing information on Mental Health Week, the 5,000 Steps fundraiser, Smiley Pancake campaign, and the Five Ways to Wellbeing to name a few. In 2019, our subscriber list increased by 8,000. We know that each and every person that subscribed did so for their own unique reason, and we hope to engage and connect with each one in a way that resonates with them. We want to learn about what your needs are, your ideas, experiences and motivations. You can subscribe to our newsletter on our website.

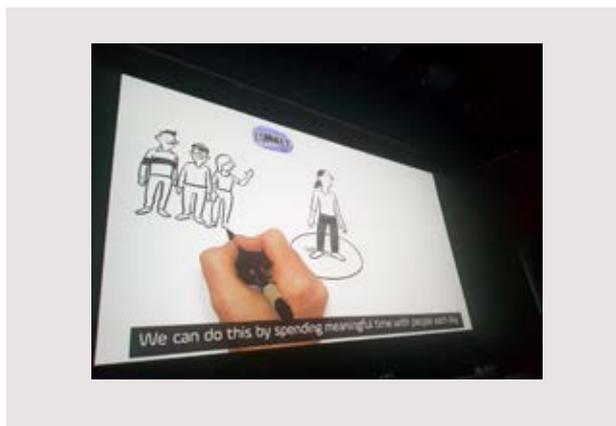
SOCIAL MEDIA



Mental Health Ireland's growing social media channels give us the opportunity to speak to our different audiences in a slightly different way and on different platforms, but always with the message of mental health at the core. Social media allows us to inform our followers, build support and relationships, share stories, network with like-minded organisations, advocate for mental health and demonstrate the impact of our work.

VIDEO CONTENT

In 2019, we launched new video resources with mental health promotion and a celebration of recovery at the heart of the project. Our videos include an animated short on the Five Ways to Wellbeing; a short film on one man's mental health journey and his navigation through the services in Ireland; and an interview series with those with lived experience of mental illness, and their own recovery stories.





We showcased the new resources with supporters and partners at the Irish Film Institute in May, and welcomed Professor of Psychiatry at Trinity College and author Brendan Kelly to speak at the event. The videos are available on our website and YouTube channel, with special thanks to everyone involved.

IN THE MEDIA

In 2019, we worked with the broadcast, digital and print media to promote mental health and deliver information accurately on mental health topics such as depression and anxiety, trauma and recovery and wellbeing.

FUNDRAISING

2019 was another positive year for the Fundraising department of Mental Health Ireland. The team grew in April as Carmen Bryce came on board as the new Communications and Fundraising Officer.

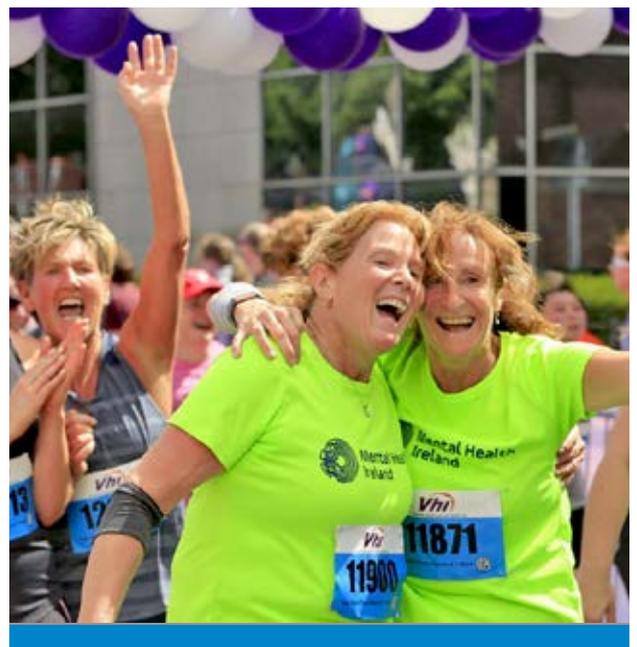
We were over the moon to receive the Charities Institute Ireland (Cii) Award for Digital Innovation for our success with Facebook Fundraising. Head of Fundraising Jill O’Herlihy recognised Mental Health Ireland’s supporters and donors on an international stage, presenting to a large audience at the IOFFC Fundraising Convention in Ireland with Simon Scriver, co-founder of Fundraising Everywhere and at the International Fundraising Congress in Holland.



Our department continued to thrive with the success of our Facebook Birthday Fundraisers, and we took particular effort to reach out and thank each of our individual supporters for every donation made.

As our cards say, ‘Thank you for choosing us,’ from the many well-deserving charities in Ireland who are asking for support.

We had many individual fundraisers connect with us and raise money in aid of Mental Health Ireland. Our supporters ran, walked, shaved heads and even jumped out of planes – all to raise money for Mental Health Ireland. Some of the events our fundraisers took part in include; Women’s Mini Marathon (June); Dublin City Marathon (October); Hell and Back (all year); Connemara Marathon (April); Ring of Beara Cycle (May); Cork City Marathon (September), and many more.



We continue to be absolutely awed by our fundraisers, for raising awareness of mental health, sharing their own stories, and of course, raising money. We recognise every single cent raised in our name, and every single fundraiser who chooses us.

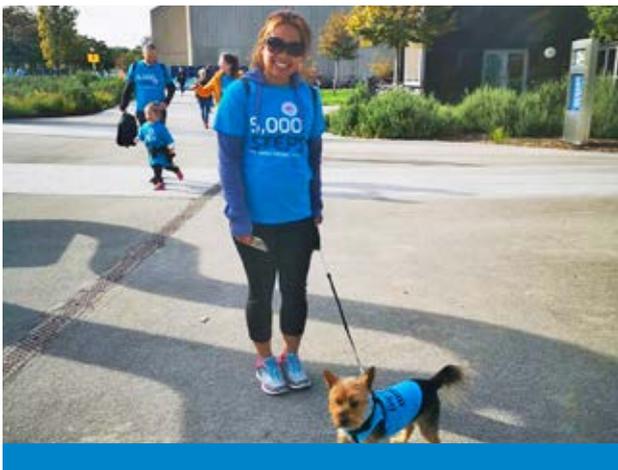
SMILEY PANCAKE

Eating pancakes and raising money for mental health... what could be better than that! Mental Health Ireland's Smiley Pancake Event takes place every year on Pancake Tuesday. Everyone is invited to pop a smile on their pancake and text MHI to 50300 to donate €4 to Mental Health Ireland.



In 2019, the interest in the campaign grew with schools, companies, and households getting involved. Many of our Mental Health Associations hosted Smiley Pancake Events in aid of their own Associations inviting their local communities to join them in making their pancakes smile! There was great engagement with the Smiley Pancake hashtag on social media across Twitter, Facebook and Instagram with the hashtag encouraging many to take part and text in their €4 donations.

5,000 STEPS TO WELLBEING



In 2019, Mental Health Ireland held our third 5,000 Steps to Wellbeing Walk around the lovely grounds of UCD on their woodland walking track. We were joined by students, families, solo walkers, and even adorable pets which made the day all the more fun

GOVERNANCE AND ACCOUNTABILITY

MHI's Board members are volunteers who commit their time and talents to guide and govern the organisation with individual and collective skills and perspectives influencing decision making at national level.

CHARITY REGISTRATION

2019 continued the process of helping our MHAs to ensure that they are familiar and engaging with the charities registration process. This was a very challenging process for some members. We worked closely with the Charities Regulator and updated our range of guidance documents for our MHAs.

18 MHA's have successfully achieved charity registration status so we now have 25 MHAs with full charity registration status. Many other MHAs after years of dedicated service decided that now was the right time to dissolve their organisations. So we supported this process in accordance with charity regulations, producing detailed guidance and providing one to one support.

At the latter end of 2018, a new Charities Governance Code was issued by the Charities Regulator which is due for implementation by 2020. We ran a pilot workshop on the new code with MHA's in the Limerick region which received a very positive response.

GOVERNANCE COMMITTEE

The principal objective of the Governance Committee is to ensure good corporate governance and ensure MHI continues to comply with the Governance Code.

During 2019 the Committee:

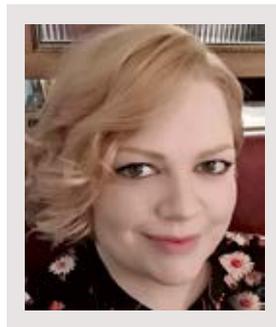
- Approved annual key performance indicators & reviewed progress against these indicators.
- Led a Board effectiveness review.
- Reviewed progress on MHA charity registration and new MHA membership policy.
- Reviewed two complaints.
- Reviewed health and safety.
- Reviewed the new Regulators code and ensured compliance with the code.
- Approved the annual Charities Regulator Return.
- Approved an updated conflict of interest policy and set up a conflict of interest register.
- Reviewed whether any historical issues on safeguarding arise.
- Reviewed the Risk management policy and a comprehensive risk register.
- Reviewed how MHI could measure impact.
- Reviewed terms of reference of sub committees.
- Reviewed insurances.
- Reviewed compliance with GDPR.
- Reviewed the implementation of the new contact relationship management system (CRM).

4. Training

2019 was a productive and busy year for Training in Mental Health Ireland. Catherine Brogan, Development & Training Manger and Sonia Rennicks, Development & Training Officer worked closely with the Training Development Project Group, MHI Development Officers and community partners to develop Mental Health Ireland’s suite of workshops and to create new training materials.

NEW STAFF

Sonia Rennicks, Development & Training Officer commenced her post end of January. She has contributed hugely to the development of the CRM to capture and manage all requests for training, their follow up and delivery, invoicing, reports compiling, and management of External Trainers.



TRAINERS

Our workshops in the corporate sector are facilitated by External Trainers who are all QQI accredited in Level 6, Training Delivery and Evaluation. A Train-the-Trainer session was co-produced and co-facilitated to induct the External Trainers. 14 External Trainers are currently active facilitating MHI workshops across the country.

NEW TRAINING MATERIALS

In 2019, an entirely new suite of training materials were produced. This was to support the delivery of quality, evidence based, consistent messaging and to raise MHI’s profile through visible professional standards. The materials include:



- Mental Health Ireland Workshops Facilitators Manual.
- Tips for Managers booklet.
- Let’s Talk Mental Health leaflet.
- Branded workshop handouts, evaluation forms and certificates of completion.
- Digital and print versions of posters for all workshops.
- New branded workshop presentations.
- Branded USB keys.
- Pull-ups that advertise MHI and the workshops offered.



These materials will form the basis of an expanding collection of relevant and accessible publications and materials which will support the promotion of positive mental health and recovery.

TRAINING GOVERNANCE

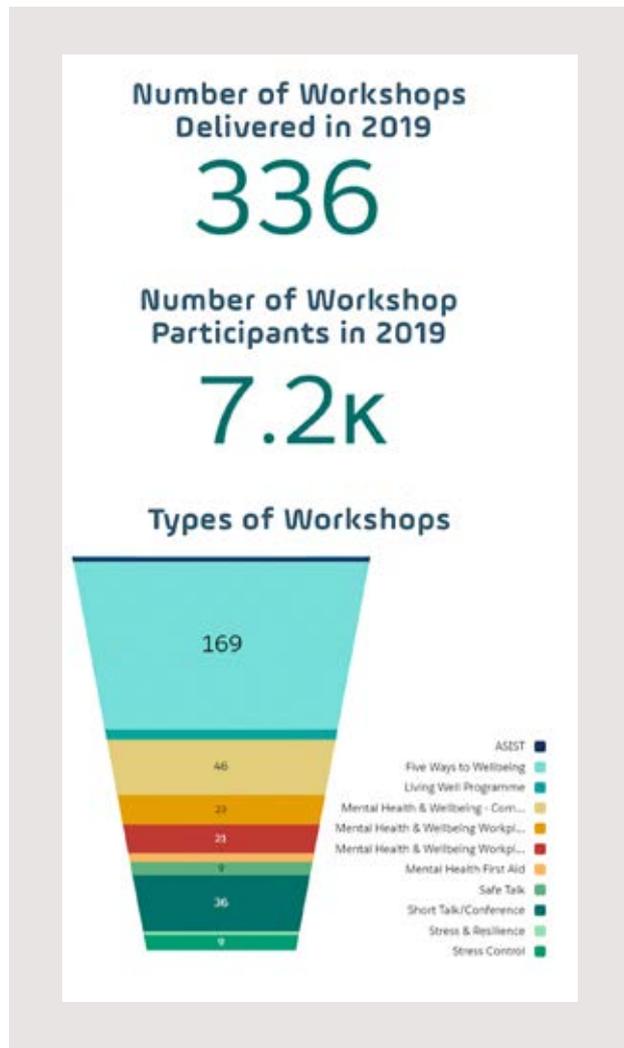
From a governance perspective we have co-produced and delivered a very comprehensive Trainer Agreement and Training Policy. This trainer agreement protects the organisation and the trainers by setting clear understandable terms for the contracting, payment and management of external trainers and all of Mental Health Ireland's copyrighted materials.

TAILORED WORKSHOPS & PARTNERSHIPS

In 2019 we began the process of co-producing tailored workshops with specific groups through the CHO 9 mental health project. This includes work with Travellers, Psychiatry of Later Life and CAMHS. This will be ongoing throughout 2020 and has already seen some innovative new methods of communicating messages of positive mental health being developed for the workshops. In addition to the work in CHO 9, during 2019 MHI partnered with An Garda Síochána to explore the possibility of mental health training for management. This is an exciting opportunity with the first pilot workshop booked for early 2020. Discussions began with Family Carers Ireland about a partnership to develop training for carers in looking after their own mental health and training for carers who support family members experiencing mental health challenges. Our first co-produced meeting is scheduled for early January 2020. One of MHI's key partners during 2019 was Men's Sheds. We were delighted to facilitate over 20 workshops across the country as part of the Sheds for Life programme. Sheds for Life is a community-based health promotion programme aimed at supporting the physical, mental and social wellbeing of men's sheds members. Conversations have already begun with Alcohol Action Ireland about the development of workshops about the relationship between our mental health and alcohol. These workshops will be developed in 2020.

TRAINING FOR MHAS

To assess the training needs of our network of MHAs, a coproduced questionnaire was circulated to all MHAs to ascertain the level of experience, training and knowledge of Volunteers. The results were collated and will inform MHI's 2020 MHA Training Implementation Plan. The feedback indicated a high demand for induction training, committee skills, Children First, Safeguarding Vulnerable Adults and association roles & responsibilities. Other suggestions included facilitation skills, peer support training, coaching training, accounts, minute taking and AGM guidance, Recovery Practice & Principles workshops, Hearing Voices training, positive behaviour support, psycho-social interventions, healthy boundaries, listening skills, addiction and harm reduction, and motivational interviewing techniques. It was highlighted that many volunteers are HSE staff so they already either deliver or organise some of these additional trainings.









Directors' Report and Audited Financial Statements

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND

**Directors Report and Audited Financial Statements
For the financial year ended
31 December 2019**

**Registered number: 24379
Charity Number: CHY 5594
Charity Registration: No. 20008642**

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Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND COMPANY INFORMATION

Chairperson	Fiona Ross
Chairman of Finance Committee	Neil Hughes
Directors	Pat Bracken Charles Burke Denis Creedon Neil Hughes Eilish Kerrisk (Appointed 25/01/19) Colm Murphy Seamus McNulty Colman Noctor Anthony O'Boyle Alma O'Brien (Appointed 22/11/19) Robert O'Connell (Appointed 24/05/19) Fiona Ross
Company Secretary	Neil Hughes
Auditors	JPA Brenson Lawlor, Brenson Lawlor House, Argyle Square, Morehampton Road, Dublin 4.
Bankers	Bank of Ireland, Smithfield, Dublin 7.
Solicitors	Partners at Law, Dun Laoghaire, Co. Dublin.
Business address / Registered Office	1-4 Adelaide Road, Glasthule, Co. Dublin.

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2019

The Directors present their annual report and audited financial statements of the company for the financial year ended 31 December 2019.

The company is a registered charity and hence the report and results are presented in a form which complies with the requirements of Companies Act 2014 and although not obliged to comply with the Charities SORP (FRS 102), the organisation has implemented its recommendations where relevant in these accounts. The main activities of the organisation are charitable.

OBJECTIVES AND ACTIVITIES

Mental Health Ireland is predominantly funded by the Health Service Executive through formal Service Arrangements which are agreed and reviewed on an on-going basis throughout the year. A National Service Plan is issued annually which outlines how allocated funding will be utilised in line with Government policies and priorities. Included in the commitments to mental health is the HSE's plans for greater Building of Peer Capacity in 2019 and 2020. MHI are key collaborators with the HSE in this process and is aligned to Goal 5 in the Living Life Well Theme of MHI Strategy.

Following the launch of **MHI's Strategic Plan "Empowerment – from Ideas to Actions 2019-2021"** in November 2018, a template listing all the *Goals, Priorities* and *Actions* included in our Strategy was developed in January 2019 to track progress of its implementation with responsibility for progressing key actions assigned to senior managers.

Strategic Project Groups were established in November 2018 to lead out and advance specific *Goals, Priorities* and *Actions* of the Strategy and met in the first quarter of 2019 to agree Terms of Reference and Standing Orders which were presented to MHI's Board for approval. A member of the Board acts as the Project Sponsor on each of the Strategic Project Groups and a senior staff member is the Project Manager. Our Strategy Project Groups include members, volunteers, people with lived experience of mental health challenges and family members/carers with specific skills and knowledge. All working groups are underpinned by the principle of co-production.

Using a *Team Based Action Planning* approach, each staff Project Manager was assigned specific actions from our strategic plan. KPI's for each of the actions were developed to monitor progress of implementation. Progress on the delivery of our Strategic Plan is a standing item on the agenda for all Board meetings in 2019. Through our Development Officer Team, all Mental Health Associations were encouraged to adopt a similar approach. We are very focused and cognisant of the fact that to ensure our Strategy themes and goals are achieved, it is important to monitor our efforts against action plan objectives and mark our collective achievements.

This may mean that programmes and projects which fall outside of the scope of this strategy may need to be rescaled or discontinued. Any such changes must be made in a respectful and collaborative manner. This strategy is designed to bring greater clarity to the role, function and importance of MHI and our MHAs whilst refocusing our work through the themes over the lifespan of the Strategy.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2019

OBJECTIVES AND ACTIVITIES (CONTINUED)

Our strategy describes how MHI and the MHAs will advance three complementary themes *Promoting Positive Mental Health, Living Life Well and Organisational Fitness*. These objectives are underpinned by a focus on developing and sustaining our *Organisational Fitness* at all levels. Guided by the national policy objectives in *Healthy Ireland, A Vision for Change, The Framework for Recovery in Mental Health (2018-2020), Connecting for Life* and *Sláintecare*, which emphasise recovery, empowerment, and co-production, MHI continued to extend its reach and committed to bringing solid, evidence-based, well-planned, high quality initiatives to all communities across Ireland during 2019.

We reprioritised our focus and, in some instances, took decisions to discontinue some older programmes, in order to move forward towards the next horizon.

Following feed-back on current training offered by our Development Officers, MHI co-produced a suite of new trainings in 2019. With the increased demand from the Community and Corporate sectors for these training workshops, MHI expanded its capacity for facilitation by training a cohort of External Trainers in QQI level 6, Training, Delivery and Evaluation as well as a Train the Trainers in MHI programmes. To ensure good governance the Development and Training Team co-produced a Trainer Agreement and Training Policy to minimise risk exposure.

2019 was a year of intense activity, progressing many aspects of our Strategy. New staff members took up their roles in Head Office in *Communications and Fundraising, Mental Health Promotion and Development and Training*. We also had new colleagues join us at *Gateway, Mindspace Mayo* and in several *Recovery Colleges and Recovery Education Services* throughout Ireland.

During the year we introduced new ideas and initiatives including *Connect Cafés, Smoking Mental Health & Recovery Conversation Café* and the development of a new Podcast series exploring mental health and wellbeing topics.

We invested considerable staff time in improving *Organisational Fitness* at all levels to ensure that the highest quality standards are met and maintained. We focussed on governance and accountability, developing a sustainable resource base for our work at national and local level, as well as supporting our Mental Health Associations around the country to attain their own charitable status.

The impact of charity regulation and governance saw a reduction in the number of MHAs around the country. However, we are now going forward with a more robust cohort of MHAs who have secured their Charity Registration and whose business plans are more closely aligned to our strategic objectives. The contribution and successes of volunteers working in MHAs across Ireland over the past 50 should never be forgotten, even where they have decided not to continue in operation. The role of local volunteers has developed and changed, consequently our focus at MHI has and will continue to evolve and change over time.

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2019

OBJECTIVES AND ACTIVITIES (CONTINUED)

Our organisation has fundamentally changed over the past three years. We have re-configured the organisation at both national and local levels. MHI is now a significant provider of training and mental health promotion and plays a critical role in building recovery capacity through Peer Educators. With changing dynamics in the economy and uncertainty surrounding Brexit, it is difficult to predict the future financial climate. MHI is aware that challenges may arise in relation to future funding as it is likely that the HSE will move towards the introduction of a tendering process in respect of new and existing programmes. This will introduce an element of healthy competition between organisations working in the voluntary sector. MHI is well-positioned to respond to a new tendering model and is also actively seeking to diversify its funding base.

ACHIEVEMENTS AND PERFORMANCE

MHI's Strategic Plan "Empowerment – from Ideas to Actions 2019 -2021"

Our 2018 Directors Report reflected the three complementary themes of the Strategic Plan (1) Promoting Positive Mental Health and Well-being (2) Living Life Well and (3) Organisational Fitness.

At the November 2019 Board meeting, each Strategic Project Group Sponsor and Manager presented their reports to the Board on the progress, impact and outcome of the work of their respective Project groups. The Board was satisfied with progress but noted that due to the growing demand for Training, an additional theme needed to be recast as primary domain in our strategic priorities. So, our 2019 annual report will focus these four primary fields of activity.

Many of the programmes featured in this report may be predominantly reported under one theme but because of our integrated model may also support the advancement of a second strategic theme simultaneously.

1: PROMOTING POSITIVE MENTAL HEALTH AND WELLBEING

In order to achieve better mental health and wellbeing for all, MHI addresses its mental health promotion work at three levels: *Strengthening individuals*, *Strengthening Communities* and *Reducing Structural Barriers*. MHI, through its Development Officer Team, works in collaboration with MHAs to identify and disseminate mental health promotion activities and tools for a stronger and unified voice in our work. Some projects which emanated through MHAs have, following evaluation and a proof of concept process, been brought to scale and rolled out in other areas of the country. Some examples of projects delivered at national and/or local level are listed hereunder.

BT Young Scientist Exhibition

MHI were delighted to sponsor an award at the 2019 *BT Young Scientist and Technology Exhibition* on January 11th. We presented the award to Ava Hynes and Katie Savage from Colaiste Treasa, Kanturk, Co Cork for their project "***A statistical analysis of the impact of playing golf on the self-esteem and wellbeing of female adolescents***" in the Social and Behavioural Science in the Junior Group Category.

World Mental Health Day

World Mental Health Day is celebrated annually on October 10th and in many instances, Mental Health Associations organise a broad range of activities and events during the first two week of October.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2019

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

A Planning Group to co-ordinate World Mental Health Day activities was established comprising of MHI staff and MHA volunteers from the various Project Groups. MHI celebrated the 2019 theme of *Suicide Prevention* by hosting a national *Connect Café* in the Mansion House with Alison Canavan officiating as Master of Ceremonies. The goal of the *Connect Café* was to open up conversations about our mental health so that we as individuals can strengthen our own connections with self, with others and with their wider community. The feed-back on the day was positive and Alison promoted its positive impact to almost 50,000 of her followers on social media, encouraging organisations, workplaces and communities to replicate the *Connect Café* around the country. This evidence based downloadable step-by-step Guide is now available on our website for any organisation wishing to host their own *Connect Café*: <https://www.mentalhealthireland.ie/wp-content/uploads/2019/08/Host-your-own-Connect-Cafe-pack.pdf>

Recovery Choir Helix Theatre – October 8th

MHI partnered with a co-produced choir and musical event to celebrate World Mental Health Week at The Helix on October 8th. Choir members included people with lived experience of mental health challenges, family members and mental health professionals who performed alongside Tony Kenny and Colm C T Wilkinson among others to support the whole theme of connection through music and song. The Raise your Voice Choir was led by Colin Kelly, Assistant Director of Nursing with the HSE in CHO 7 (Dublin West & Kildare). A capacity audience was treated to a musical extravaganza and fun.

WMHD continues to be a platform for MHAs and local, like-minded agencies running targeted events at local level. MHAs also replicate National events in their local communities. All events were promoted and featured on MHI's Social media channels.

Partnerships with Malehealth.ie – Irish Cancer Society – Pavee Point and Roma Centre

In 2019, we explored and strengthened partnerships with *MensSheds*, *Malehealth.ie*, *Irish Cancer Society* and *Pavee Point* and *Roma Centre*. MHI will continue to work with these organisations in 2020 to provide tailored training and literature resources, developed through co-production, as well as innovative tools and strategies to better support their community's mental health and wellbeing.

Literature updates

During 2019, we refreshed our literature library to ensure it is evidence based and represents the most up-to-date understanding of mental health. Revised editions of our pocket guides – "*Anxiety*" and "*Stress*" were published. We also developed a new innovative animated video on the *Five Ways to Wellbeing* (the Five Ways to Wellbeing are simple actions you can do in your everyday life to feel good and function well). This acts as a supplementary support to our Five Ways to Wellbeing training workshop which is delivered in community and workplace settings.

Woodlands for Health

This project was introduced into Ireland by Charlie Burke, Chairman of Wicklow MHA and Director of Mental Health Ireland which he introduced in Wicklow in partnership with *Coillte*, HSE, Mental Health Ireland and Wicklow Sports Partnership. Such has been its success that it has grown and developed as a national project.

Woodlands for Health is a 12-week green prescription programme focused in a forest setting. The voluntary programme was developed specifically to support people with mental health difficulties. *Mental Health Ireland*, *Get Ireland Walking* and *Coillte* are the current partners on the national steering group for this programme. In 2019, we supported the pilot of seven sites across Ireland implementing the *Woodlands for Health* programme. The University of Limerick conducted a national evaluation and findings were launched at our annual National Networking and Learning event in November. The report showed a 31% increase in self-reported wellbeing after completion of the 12-week programme.

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2019

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

MHI will continue to lead the *Woodlands for Health* programme in collaboration with its partners and the national steering group. With the support of our Mental Health Associations and the HSE, up to fifteen additional sites will be developed in 2020.

NUIG Postgraduate Certificate in Mental Health Promotion (Level 9)

In collaboration with NUIG, we launched a new Postgraduate Certificate in Mental Health Promotion on 13th June 2019. The programme aims to provide participants with professional education and training in the principles and practice of promoting positive mental health and wellbeing. The academic direction of this internationally unique programme is provided by Professor Margaret Barry, NUI Galway.

MHI promoted the *Post Graduate Certificate in Mental Health Promotion* across our various networks amongst our Volunteers, staff IN the NGO sector, professionals, health care and health promotion arena. The first intake of 25 participants attended their first lectures on 20th September 2019.

Academics in the Discipline of Health Promotion, together with contributions from practitioners and those with lived experience in the specialist field of study, deliver the lectures and workshops.

Policies

MHI supports and actively contributes to the development of a Mental Health Promotion Framework in collaboration with the HSE and the Department of Health.

In addition to playing an active role in the formation of public policy in health care, MHI continue to support the development and implementation of policies and strategies that impact the wider determinants of health including housing, environment, work and education.

NETWORKING WITH KEY MENTAL HEALTH PROMOTION PARTNERS

National Partnerships

In 2019, Mental Health Ireland continued its collaboration with the following organisations – HSE (*at national and local levels*), National Office for Suicide Prevention, Mental Health Engagement & Recovery, Connecting for Life, HSE's Health & Wellbeing Division, Higher Education Authority, An Garda Síochána, Pavee Point, Healthy Ireland (Hi), HSE National Office for Social Inclusion, *Woodlands for Health*, Coillte, See Change, Green Ribbon Campaign, First Fortnight Arts Festival, Mental Health Reform, National Disability Authority, Housing Regulation Agency and the Charities Regulator.

We continue to form active alliances and develop new links with mental health promoting partnerships with the *Tobacco Free Ireland Programme Office, NUI Galway, Irish Cancer Society, Irish Heart Foundation, Association for Health Promotion in Ireland, Mens Sheds, Ombudsman for Children and Volunteer Ireland*. It is important that MHI is recognised as a competent and capable health promotion and recovery agency with a national reach and perspective.

Because the impact of alcohol on mental health is often overlooked MHI has collaborated with Alcohol Action Ireland to part fund a fulltime post of Policy Research Officer. Based at AAI's offices, the new appointee reports to the CEO of AAI and regular meetings are held with MHI to discuss workplans and developments.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2019

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

First Fortnight Arts Festival

MHI continues to be a supporting partner to the *First Fortnight Arts Festival* which takes place annually over the first two weeks of January. It was created to challenge mental health prejudice through the creative arts. MHI continue to sponsor, attend and promote several events on social media. A member of our communications team represents MHI on First Fortnight's Partner Panel which meets regularly to develop the annual content of the Festival.

INTERNATIONAL AND EUROPEAN PARTNERSHIPS

International Initiative for Mental Health Leadership (IIMHL) September 9th to 13th

US and Canadian members hosted the 2019 IIMHL Exchange and Networking meeting titled "*Leading the Way Forward: Access, Accountability and Action*" which attracted over 300 delegates from *Ireland, England, Scotland, USA, Canada, Australia, New Zealand, Sweden* and the *Netherlands*.

MHI's CEO, who is a Board member with IIMHL, together with our Development and Training Manager and Mental Health Promotion Manager attended separate Exchange meetings before regrouping in Washington for the plenary networking event. IIMHL is a platform for international exchange of new and innovative thinking in aspects of mental health internationally and brings together Leaders including Service User Leaders, family members, policy writers, clinicians, service providers, NGOs, indigenous groups, commission members and academics. Other Irish delegates represented the HSE, Mental Health Engagement, National Office for Suicide Prevention, fellow NGOs and Service Improvement leads.

MHI's CEO attended an exchange on *Mental Health and Public Health* in Toronto; Catherine Brogan co-produced an exchange meeting on *Co-production in Recovery* in Maryland and Aisling Doherty attended an Exchange match with other national Mental Health Promotion Leaders.

Aisling Doherty's match consisted of 25 people working in mental health promotion from *New Zealand, Australia, Sweden, England, Canada* and the *US* who visited two sites in Canada relating to '*Growing up Healthy Downtown*', and '*SickKids*'. The emerging theme from all those at the match was the need for workforce development internationally in mental health promotion to gain understanding and joined up thinking on utilising evidence to support mental health and wellbeing. The participants on the match were particularly interested in the partnership development of the Postgraduate Certificate in Mental Health Promotion between Mental Health Ireland and NUI Galway. To their knowledge, this course is the first of its kind internationally.

Catherine Brogan's match related to *International Innovations in Peer-Led/Co-produced Recovery Education* with leaders from a variety of backgrounds and countries. It was a co-produced match topic with many of the leaders self-identified as peers, family members and service providers. There was much discussion on how each country approached, understood and addressed the match theme. Ireland is now recognised as having an expertise in peer recovery education and facilitation.

There was a lot of learning and broadening of perspectives which led to identifying the value of lived experience in recovery education is critical with co-production from the outset of any developments to ensure fidelity to having parity of esteem; having a toolkit to create effective quality assurance frameworks; learning from each other how to evaluate outcomes and the importance of data; recovery colleges – their importance, expansion, building capacity and sustainability; the importance of anti-stigma work and supporting, enhancing and embracing change, in our own work and the lives of those it touches.

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2019

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

It was heartening to see how Mental Health Ireland are embraced as real leaders in the area of co-production supported by the commitment of the HSE in demonstrating theory in practice providing dedicated resources to support the advancement of recovery and engagement.

The Canadian Mental Health Association are currently developing/co-designing a Peer Supporter training programme to be embedded within their Wellbeing Learning Centre supported by Mental Health Ireland and Mental Health Engagement and Recovery.

Mental Health Europe

Barbara Davis, our Administration Manager is a Board member of Mental Health Europe appointed at their General Assembly for a second term which concludes in April 2021.

Following publication of a Short Guide on Psychiatric Diagnosis by MHE's Beyond the Biomedical Paradigm Taskforce, the consensus in Ireland was that the guide had a medical focus only. Based on feedback from people with lived experience of mental health challenges, family members and providers in Ireland relating to the focus of this paper being on clinical recovery, Catherine Brogan, MHI's Development and Training Manager and Sonia Rennicks, Development and Training Officer established a co-production group to deliver a paper on Mental Health & Recovery. This paper was adopted by MHE in November 2019 and the information was then distilled by MHI into a short guide to Recovery in Mental Health which is now being widely disseminated as a valuable resource for recovery.

Development and Training Officer, Sonia Rennicks along with Peer Support Workers, Martha Clarke and Billy Clark attended an MHE Empowerment Seminar in Germany in September 2019. There was lots of learning and sharing at this event. Based on the experience of the Seminar, MHI have submitted an Expression of Interest to host the 2020 Empowerment Seminar in Ireland.

Claudia Marinetti, newly appointed Director of MHE met with Martin Rogan and Barbara Davis at Head Office on 20th June 2019 to discuss shared vision and values in mental health across the lifespan. MHE launched a new *Infographic on Young People and Mental Health* <https://mhe-sme.org/wp-content/uploads/2019/08/Young-People-and-Mental-Health-Infographic.pdf>

As part of their Erasmus Project we also welcomed Pavel Novak and a group from FOKUS Praha (members of MHE) Prague to Head Office. The group included experts by experience and managers and leaders of community mental health teams. The aims of Fokus are similar to MHI's around supporting people with mental health issues on their journey to recovery. They promote positive mental health in the community and advocate for the rights and interest of people with mental health issues. They also run an education centre where they organise educational programmes for professionals, the general public and its employees.

MHE will celebrate its 35th Anniversary in July 2020. Barbara Davis has been invited to join the organising committee to plan a celebration in May 2020. MHI is a founding member of MHE, formerly known as the European Regional Council of the World Federation for Mental Health. MHI hosted the Secretariat in Dublin which was supported by the then CEO, assisted by Barbara Davis in a voluntary capacity, from 1985 to 1992 when funding was received from the EU for an office based in Brussels.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2019

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

Promoting Mentally Health Cities - Thrive London

Thrive promotes mental health across whole populations in urban areas and there is great potential for MHI to host a *Thrive* project in the Irish context. The CEO invited Dan Barrett from the *Healthy London Partnership* to give a presentation at our AGM in May 2019 on his work at *London Thrive* and city-wide, population based mental health promotion initiative, which is funded by Sadiq Khan, Lord Mayor of London. This is a project that would complement MHI's Strategy and one that will be considered for adoption in 2020.

Coping with the Pressures of Farming

Coping with the Pressures of Farming is a joint publication co-ordinated by Finola Colgan Development Officer and Barry Caslin, Teagasc to address the varied issues that contribute to the stress for farmers and farm families. Both organisations were very pleased to grant permission to Rural Support and the Health and Safety Executive NI to adapt publication for distribution to their members.

Social Farming Ireland provides people who use services with the opportunity for inclusion, to increase self-esteem and to improve health and well-being by taking part in day to day farm activities on a family farm. Mental Health Ireland continued to facilitate training to their members providing this service throughout 2019 which will continue in 2020.

Men's Sheds

Sheds for Life is the Irish Men's Sheds Association's health and wellbeing initiative. As part of Sheds for Life, Action Research Project, Mental Health Ireland facilitated the Mental Health and Wellbeing Workshops in pilot sites in Counties Kildare, Waterford, Louth and Limerick. It was notable that the men's pre mental wellbeing scale assessment increased from 29 > 32 and that 72.8% reported having a better personal understanding of mental health than the 33.9% at the pre programme assessment. So strong were the findings that the Mental Health and Wellbeing Workshop is now a core component of the Sheds for Life programme.

Communications

Carmen Bryce joined the team at MHI as Communications and Fund-Raising Officer in April 2019 to support Jill O'Herlihy in our Communications Department.

2019 was an active year for the Communications Department who develop our social media following each week with engaging content across all platforms including *Twitter*, *Facebook*, *Instagram* and *E-Newsletter*. During 2019 extensive work was done to refresh and rebuild Mental Health Ireland's Website www.mentalhealthireland.ie which will be launched in early 2020.

Website Rebrand

To accelerate and improve how our messages are communicated and to explore new online and creative methods to reach new audiences, work commenced in early 2019 on the redesign of MHI's website. This was a lengthy project that required support from all MHI staff. The new website represents Mental Health Ireland as we are today and was developed to reflect our strategic goals as an organisation whilst delivering what the visitors to our site want and need. The new Website will 'Go Live' in the first quarter of 2020.

Podcasts

A series of Podcasts were developed highlighting several areas of interest around the topic of Mental Health and Wellbeing including *Loneliness*, *Technology and our Children*, *Sleep*, *Nutrition* and *Recovery*. Each podcast had an invited guest/ specialist talking about the chosen topic. Launched in November 2019, early indications from downloads/hits are very positive. Mental Health Ireland will deliver more podcasts exploring other elements of Mental Health and Wellbeing in 2020.

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2019

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

Literature Review

The Communications Department, together with Mental Health Promotion and Training & Education Teams, reviewed and refreshed MHI's literature (see Mental Health Promotion Report).

Fundraising

2019 was another great year for fundraising for Mental Health Ireland and the addition of Carmen Bryce to the team supporting our fund-raising and communications department has been invaluable. All donations received throughout the year and all events people took part in and/or organised in aid of Mental Health Ireland have been acknowledged through our Thanking Strategy where every donation from donors, big or small, receive a personalised handwritten thank you card from the team.

We once again had great success with Facebook Fundraising with an annual income of €229,106 from 2,605 fundraisers with a total of 13,976 donations. Jill O'Herlihy developed a unique *Thanking Strategy* for Facebook Fundraisers which drew a lot of attention from the International fundraising community. Jill was invited to deliver a presentation detailing the process and success of Mental Health Ireland's Facebook Fundraising strategy at the Institute of Fundraising Conference in London and at a 3-hour workshop at the International Fundraising Convention in Holland.

Jill O'Herlihy has generously shared information with other newcomers to fund-raising drawing on her experience gained from a mentor provided by MHI as part of MHI's continuing professional development. Jill has also conducted Webinars for newcomers and presented Workshops on Fundraising to other organisations including *The Wheel*.

2: Living Life Well

The *Living Life Well* theme of our strategy incorporates all our recovery orientated, co-production and peer-led initiatives with people with lived experience. Within the HSE, recovery education is recognised as a key driver in developing recovery-oriented services as outlined in *A Framework for Recovery 2018*, and has been a priority for the HSE Mental Health Services since 2015 when it formally began to implement Recovery Education through the Advancing Recovery in Ireland (ARI) initiative.

In 2019, MHI continued its work with the HSE to support their Mental Health Engagement and Recovery function in the recruitment of Peer Educators and Recovery Co-ordinators' who support the development and strengthening of Recovery Education Services and Recovery Colleges across the country. Martin Rogan, CEO and Catherine Brogan, Development and Training Manager in collaboration with Jim Ryan, Head of Operations in the HSE and Michael Ryan, Head of Mental Health Engagement and have established an MOU to advance the recruitment of Recovery Education Facilitators to support the further building of capacity to support Recovery in Mental Health.

Recovery focused recruitment during 2019 included new posts established in CH08 and CH06, in addition to replacement posts in existing projects.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2019

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

Three Project Worker Administration posts will be advertised by MHI in 2020 to support the work of Peer educators across the country to embed Recovery into the services. They will support 7 working groups established under key areas including *information development and provision of capacity building*. The administration posts will support the project workers in the delivery of their workplans which will be underpinned by *co-production* complementing the *Living Life Well* theme of MHI's Strategy.

MHI continues to work collaboratively with the HSE on the following projects: Service Reform Fund (SRF) Mid-West Aries Project (HSE Mid-West CHO3), HSE National Mental Health Engagement & Recovery National Forensic Mental Health Services (NFMHS - CHO6) EVOLVE Recovery College, Recovery College Mayo (MMHS CHO2), ReGari Recovery College (MMHS CHO2), Recovery College South East (CHO5) and MindSpace Mayo (CHO2).

Peer Educators Networking Group

A national Peer Educators Network was established in 2019. This gives Peer Educators the opportunity to share, co-produce and get to know each other and how working together ensures collaboration on Recovery Education and Recovery College developments. This forum plays an important role in maintaining coherence and quality in this arena. While MHI facilitates and supports this Network, the agenda and content are determined by the Peer Educators themselves. The Network meet every 2 months and twice a year there is a National collaborative meeting between Peer Educators, Recovery Co-ordinators, Mental Health Engagement and Recovery and MHI to review all the advancements, quality assure recovery modules and progress new initiatives as well as celebrate successes.

Service Reform Fund (SRF) Mid-West ARIES CHO3

This project commenced in February 2018 and has a staff complement of four – 2 Education, Training and Development Officers and 2 Service Improvement Project Workers. Their aim is to work with communities in the Mid-West to provide an educational programme on recovery and well-being that is responsive to the needs of the community.

A by semester community timetable was completed and an Autumn/Winter 2018 and Spring/Summer 2019 timetable was drawn up. From May 2018 to June 2019, 297 individuals attended 62 modules across 12 locations in the Mid-West. The total attendance over these 62 modules was 702, indicating that several participants attended at least two Mid-West ARIES community modules.

To evaluate the impact of each module two 5-point Likert scales were used. The first scale sought to evaluate participants' satisfaction with the delivery of the module. Responses from 578 participants indicated a 98% satisfaction rate. The second scale based on the principles of CHIME (*Connected, Hopeful, Identity, Meaningful, Empowered*) indicated 93%-97% positive responses.

Peer Education and Development Officers NFMHS (CHO6)

The collaboration between Mental Health Ireland and the National Forensic Mental Health Services continues to flourish, evidenced by the positive experiences of students attending the EVOLVE Recovery College in 2019.

The two appointed Peer Educators continue to work with service users, the NFMHS Carers group and various staff groups at the NFMHS in the co-production and co-facilitation of Recovery education workshops and courses. The first Graduation ceremony took place in August 2019, with more than 180 certificates being presented to students for their successful participation in a range of programmes which are designed to inform, inspire and empower students in becoming experts in their own wellbeing. In celebration of World Mental Health Day, service users at EVOLVE hosted a 'Connect Café' which was attended by over 100 people and provided one of the talking points of the summer!

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2019

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

Peer Educators continue to champion personal recovery initiatives, providing ongoing supports to students on their respective recovery journeys and to foster a culture of collaboration and partnership, where the value of lived experience is welcomed at all levels of service provision.

During 2019, the scheduling of innovative programmes such as 'Peer Support' training and a nationally accredited programme in 'Training, Development & Evaluation' (QQI Level 6) facilitate the sustainability and growth potential of EVOLVE Recovery College.

We look forward to ongoing co-production with the NFMHS as they navigate the challenge of the hospital's relocation to North County Dublin in 2020.

The MHI Development Officer Team are closely aligned with all the Recovery Colleges, Recovery Education Services, Recovery Committees, Engagement Forums and provide a strong link from these services into the communities.

MindSpace Mayo

The staff of MindSpace Mayo work closely with the Adult Mental Health Service, Psychology Service, Child & Adolescent Mental Health Service and Primary Care Professionals to ensure ease of access to each of these services as required. This free, confidential and low-threshold service supports young people aged 15 – 25 who are going through a difficult time to ensure they get the support they need. MHI employs four staff members who are seconded to MindSpace together with a sessional GP who provides a *walk-in* clinic once a week.

To coincide with World Mental Health Week, Mayo MindSpace launched a new series of online video resources for young people whose parents experience mental health challenges. The WITH (Wellbeing in The Home) project was developed in partnership with young people and is available online at www.mindspacemayo.ie. Manager of the project, Peadar Gardiner was featured on RTE television *Six-One News* which included interviews with the young people who had actively contributed to the video and with staff from the Project.

Gateway – Rathmines

Gateway is a peer-led project which offers its members a wide variety of activities and works with a broad range of community partners to promote greater social inclusion and belonging. MHI manages the project, employs the Gateway Staff and is supporting Gateway towards registering as a charity in their own right. Refurbishment of the leased premises was undertaken and completed in 2019. Gateway is funded by the HSE under a detailed Service Arrangement.

West Clare MHA – Lighthouse Project

Following MHI's support of West Clare MHA's initiative to establish a peer led Recovery Hub in Kilrush, Co. Clare, volunteers raised funds for the refurbishment of a former residential group home. A lease for the Lighthouse, at Limekiln Road, Kilrush was signed by MHI's Chairperson and CEO in October 2018. Following the recruitment process, a part-time Peer Support Centre Co-ordinator was appointed in November 2019 to work a 19-hour week. The appointee reports to the Board of West Clare MHA who manage and direct their work. MHI employ the Co-ordinator and costs incurred are reimbursed by West Clare MHA. With the support of the Development and Training Team and local Development Officer, MHI are working with UCC with a view to having the *Mental Health in the Community Certificate Course* delivered at the Lighthouse.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2019

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

Ennis MHA – Office Administrator

Following a recruitment process, a part-time Office Administrator was appointed to work with Ennis MHA, based at the Sonas Centre in Ennis with effect from 7th October 2019 (10 hours a week). The Administrator reports to the Board of Ennis MHA who will manage and direct their work. MHI employ the Administrator and costs incurred are reimbursed by Ennis MHA.

National Smoking Mental Health & Tobacco Conversation Café Event

MHI, working in collaboration with Tobacco Free Ireland, co-produced a Conversation Café titled *Smoking, Mental Health and Recovery* on 25th July with over 70 participants attending, including the Minister for Mental Health, Jim Daly TD. The event was designed to gain a greater understanding as to why rates of smoking remain persistently high amongst people who use mental health services. From this event a *Findings Report* was published by MHI. Building on this work a co-production group will be creating an overarching guidance document on *Smoking, Mental Health & Recovery*. The aim of the document is to inform and support service users, service providers, family members and communities in smoking cessation. This will be published in 2020 and potentially submitted as a Paper for the next International Conference on Smoking and Health which will be held in Ireland in 2021.

National Office for Suicide Prevention (NOSP)

MHI collaborated with NOSP in a review of bereavement support services available across the country. This included a mapping of current service provision, literature review and supporting the development of a framework for bereavement support services and associated training. Mental Health Ireland have also been key to the development of National Guidance for the provision of suicide prevention services which is now completed and being tested by several NOSP funded NGOs. Catherine Brogan, Development & Training Manager is the NGO representative on the *Connecting for Life Cross Sectoral Interdepartmental Steering Group*.

This role includes attending the Steering group meetings and representing the voice of the NGO sector as well as communicating the outcomes back to this sector. This role was a Ministerial appointment. At local level, MHI's Development Officer Team contribute to the implementation of the CHO Local Action Plans through the delivery of training, attendance at and contributing to local *Connecting for Life* meetings.

National Concert Hall Music in Mind

MHI partnered with the National Concert Hall over the last three years to support Music in Mind a community integration project delivered by the National Concert Hall and coordinated by MHI. This three-year partnership has now concluded and an evaluation report has been published.

SUPPORTING ACCESS FOR INDIVIDUALS TO 3RD LEVEL RECOVERY PROGRAMMES TONY LEAHY SCHOLARSHIP PROGRAMME

Community Mental Health Certificate Course (Level 6) UCC

As part of our *Tony Leahy Scholarship Programme*, 36 bursaries were provided in 2019/2020. This Fund is dedicated to support education and training programmes advancing the areas of co-production and recovery amongst people who use the mental health services and their families and remembers the late Tony Leahy who was a great champion for service user inclusion, education and reform.

Certificate in Peer Support Working in Mental Health (Level 8) DCU

MHI through its *Tony Leahy Scholarship Programme* provided funding to support 24 people with lived experience of mental health challenges to complete the *Certificate in Peer Support Working in Mental Health* run by Dublin City University.

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2019

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

3. ORGANISATIONAL FITNESS

Our aim is to develop a sustainable, agile and *fit-for-purpose* organisation which is enabled to leverage the opportunities presented in our strategy. The goals to improve our *Organisational Fitness* include *Exceptional Governance and Accountability, Building a sustainable and resourced organisation* and working in partnership. Our approach to *Organisation Fitness* will be reported on under the headings: *Board/Governance, Finance and MHA/Volunteer Support*.

BOARD / GOVERNANCE

Memorandum & Articles of Association

MHI's original Memorandum & Articles of Association were amended in 2001 and reviewed and amended in 2014 to incorporate legislative changes over the intervening years. A key change related to Board membership where once appointed, a Board member can only serve two terms of three years. MHI is committed to having a capable, diverse and questioning Board made up of volunteers who give their time and skillsets to guide and govern the organisation.

Board

Prior to co-option of a new Board member, the Board identify the expertise/skillset required and a number of candidates are recommended. The CEO contacts the individual and a meeting is set-up where the Chairperson and CEO explore and discuss the role and commitment involved with the new candidate. The Board are consulted about the proposed co-option and if supportive, a comprehensive induction programme is arranged.

The total number of Board members is 13 and Board meetings are held bi-monthly with each Board member. At the commencement of each meeting, Directors are required to declare any conflict of interest that may arise in accordance with MHI's formal *Conflict of Interest Policy*. Board members, depending on their skillsets are assigned to MHI's Strategy Project Groups and/or to the Finance & Audit Committee or the Governance Committee (see attendance record below). Information and bio details on all Directors can be viewed on MHI's Website www.mentalhealthireland.ie

Attendance at Board and Sub Committee Meetings 2019														
Committee	No. of meetings held	Pat Bracken	Charlie Burke	Denis Creedon	Martha Griffin	Neil Hughes	Eilish Kerrisk	Seamus McNulty	Fr Colm Murphy	Colman Noctor	Tony O'Boyle	Alma O'Brien*	Robert O'Connell**	Fiona Ross
Main Board	6	3	2	5	2	4	5	6	3	6	5	1	3	5
Finance & Audit Committee	6			5		6					5			
Governance Committee	7				4			7						4

* Alma O'Brien was appointed on 22 November 2019 and attended 1/1 possible Board Meetings

** Robert O'Connell was appointed on 24 May 2019 and attended 3/4 possible Board Meetings

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2019

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

Board Effectiveness Report

A questionnaire approved by the Governance Committee was circulated to Board members in June 2019 and the Board Effectiveness Review was completed by Board members. This identified the need for succession/planning, skills mix and on-going training. A Conflict of Interest Register was completed by both Directors and Staff.

Governance Committee

The principal objective of the Governance Committee is to ensure good corporate governance and ensure MHI continues to comply with the Governance Code for Community, Voluntary and Charity organisations.

The 2019 work programme included Development of *Key Performance Indicators (KPI's)*, review and up-dating where necessary policy documents including *Safeguarding, Board Effectiveness, Sub-Committee operations (terms of reference), Risk Register and Health and Safety Review*. New policies were drawn-up in relation to Membership, Due Diligence partner process and approval for preparing Business Continuity Plans.

Risk Management

Risk Management is a standing order on the Governance Committee's bi-monthly Agenda and a comprehensive *Risk Register* has been compiled and is regularly reviewed and updated. Action is taken to mitigate risks as appropriate. The Board of MHI approved the recommendation for Business Continuity Plans to be put in place and a consultant was appointed in Q1, 2020.

Annual General Meeting – May 2019

The AGM was held in the Ashling Hotel on 25th May 2018. Eilish Kerrisk who was appointed to MHI's Board of Directors in January 2019 was formally elected to the Board.

MHI's Chairperson, Fiona Ross, and Chair of the Finance Committee, Neil Hughes addressed the meeting followed by Ian Lawlor of Brenson Lawlor Auditors who gave a detailed update on MHI's Accounts for 2018. Two guest speakers, Michael Ryan, *Head of Mental Health Engagement and Recovery* with the HSE and Dan Barrett *Thrive London* made excellent presentations.

Charity Regulator

Development Officers and Head Office staff continued to encourage and guide Mental Health Associations who heretofore had been using MHI's Charity number to complete the registration process with the Charity Regulator, merge with another MHA or disband. By the end of 2019, we had seen a significant change in the landscape. Three MHAs who decided not to register with the Charities Regulator or to continue in operation, returned their unspent funds to MHI for redistribution.

FINANCE

Whilst MHI is confident of funding for 2020, there is no doubt that financial constraints in the HSE and the impact of Brexit could have a negative effect on future funding from 2021 and beyond. To mitigate against uncertainty in HSE funding, MHI is expanding its ability to self-generate its own income through delivery of commercial training programmes and investment in our fund-raising capability. Great care is taken to ensure that national fundraising initiatives do not impact on the fundraising efforts of local MHAs.

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2019

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

Finance Committee

The Chairperson of the Finance Committee is a senior qualified Accountant and the Committee meet bi-monthly in advance of Board meetings. The Finance Committee consider all financial matters relevant to MHI and make recommendations, if appropriate, to the full Board for their consideration and approval. This includes any new opportunities for funding and/or investment that arise from time-to-time, which were not originally envisaged at the time the annual budget was drawn up and approved, with the Finance Committee making recommendations on whether to proceed to the Board for decision.

Reserves Policy

Following a recommendation of the Finance Committee, the Board has agreed that a prudent reserves policy is the maintenance of three to six months of operating costs with a recommended minimum reserve of €300k.

Remuneration

MHI's remuneration policy is analogous to HSE pay grades (April 2017 pay scales) and senior management have key performance targets set each year which are reviewed on a regular basis.

Human Resources

Amendments were made to MHI's Staff Handbook in 2019, incorporating recent legislative changes in consultation with our HR Consultants. The Handbook is designed so that it can be easily updated and amended to accommodate any further legislative changes or new policy requirements. Staff members can also access the Staff Handbook online.

Recruitment

At year end, our total staff complement was 50, an increase of 15 from 2018. Three of the 15 new posts were recruited for Head Office to support Mental Health Promotion, Development & Training and Communications and Fund-raising.

Sonia Rennicks was appointed Development and Training Officer in January; Carmen Bryce (Communications and Fund-Raising Officer) and Claire O'Farrell (Mental Health Promotion Officer) in 2019. MHI colleagues came together in December to wish our Development Officer in the South East, Linda Thorpe a happy retirement after ten years in the role. The recruitment for the Development Officer for CHO5 was concluded on 20th December 2019 to ensure a seamless transfer of service.

The remaining twelve posts related to our collaborative projects with Mental Health and Engagement, Service Reform Fund and Mental Health Associations in Ennis and West Clare.

MHA / MHA EVENTS / VOLUNTEERS

Mental Health Associations

The overall number of MHAs in the first quarter of 2020 will be 33. However, we are now going forward with a more robust cohort of MHAs who have secured their Charity Registration and who are more closely aligned to our shared strategic objectives.

Information on 2019 activities of Mental Health Associations affiliated to Mental Health Ireland are illustrated elsewhere in this Report. In tandem with their work in Training, Recovery, Mental Health Promotion and *Connecting for Life*, our Development Officers are our primary conduit to the work of Mental Health Associations.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2019

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

Valuing Volunteers

MHI continues to attract a growing cadre of *virtual volunteers* who do extraordinary work online, writing blogs, posting events and raising funds. In maintaining life-work balance, it is evident that families and communities are focusing more towards *Task and Time Specific* volunteering where they can contribute in a way that is aligned to their skillset, interests and abilities.

We currently have over 500 volunteers registered and garda vetted through our network of Mental Health Associations.

MHI is indebted to the many volunteers who had set-up local Mental Health Associations in the late 60's and 70's many of whom reluctantly decided to *call it a day*. Many realised that the level of governance and administration was not something they wished to undertake and decided not to continue their work as volunteers.

Garda Vetting

MHI continues to provide a Garda Clearance service to all its MHAs and to other organisations in the Mental Health field. All MHA committee members and volunteers are Garda vetted through MHI.

National Information Sharing and Networking Event – “Building the Bridge, From Ideas to Actions”

150 delegates, of which 82 represented our Mental Health Associations, attended the co-produced National Information and Networking Event on 22nd and 23rd November 2019 in the Glenroyal Hotel, Maynooth, Co. Kildare. MHI's Strategy was launched at this event in 2018 and one year on, we showcased the progress that had been made as well as celebrated the innovations being developed by volunteers in MHAs.

The event was co-produced with representation from MHA volunteers, Peer Educators, Development Officers and the Team in Head Office to foster a greater sense of involvement between MHAs and MHI by engaging in a more active and bi-directional dialogue

As well as celebrating the birthday of MHI, Friday evening 22nd November started with a social event designed to act as a welcome and to introduce new volunteers to the wider network of MHAs. Our Chairperson welcomed delegates on Saturday 23rd November and our two keynote speakers, Michael Ryan Head of Mental Health Engagement and Recovery HSE and Professor Margaret Barry of NUIG set the scene. Delegates had a choice of informative and interactive workshops, complemented by Poster Presentations and *Brag and Steal* sessions.

Customer Relationship Management (CRM)

The Customer Relationship Management system has been invaluable to the organisation and its staff for not only in relation to the benefits of its MHA database, contacts, calendar, activities, but also in relation to tracking of training courses, stock control and new developments which provides key information in respect of *Business Continuity*. Three super-users provide support to staff in the efficient use of the system. Technical support and staff training are also provided.

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2019

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

4. TRAINING AND EDUCATION

During the year, MHI co-produced a paper on *Recovery in Mental Health* for Mental Health Europe which was endorsed and published in November 2019. This paper has since been distilled into a booklet titled *A Guide to Recovery in Mental Health* by MHI and is available to the public via hard copy or digital copy. This booklet will be a valuable resource for people with lived experience of mental health challenges, their families and providers. Following on from the co-production of the MHE Paper on Recovery, three people with lived experience of mental health challenges were invited to participate in the Empowerment Seminar in Germany. This was a great success and has led to Mental Health Ireland submitting a successful proposal to host the 2020 MHE Empowerment Seminar.

A co-produced MHA questionnaire was circulated to all MHAs to ascertain the level of experience, training and knowledge of volunteers. The results were collated and will feed into 2020's MHA Training Implementation Plan.

Smoking, Mental Health & Recovery

The *National Conversation Café – Smoking Mental Health & Recovery* which was held in July 2019 was the first ever nationally co-produced event held to address the topic of smoking, mental health and recovery. The event which was based on the World Café approach to engaging people in conversations that matter, was part of a wider national collaboration between Mental Health Ireland and the HSE Tobacco Free Ireland Programme. It was an innovative approach to create open and collaborative dialogue and engagement between all perspectives on the topic. It gave people an opportunity to come together on equal footing, in the spirit of co-production, to tell the story of how things are now in terms of smoking and mental health, and to contribute to writing a recovery focussed story for the future. A findings report has been published and is being circulated widely through the HSE and MHI's networks. The next stage of the partnership and co-produced group in 2020 is the creation of an overarching Guidance Document on Smoking, Mental Health and Recovery. This will be informed by all stakeholder's opinions and will be underpinned by evidence of best practice with a strong emphasis on lived experience.

Development & Training Officer

The Development & Training Officer commenced in post end of January 2019 which has contributed hugely to the new suite of MHI branded workshops and materials as well as having a clear reporting system via the CRM in place to streamline and capture all requests for training, managing their follow up and delivery, invoicing, generating reports and managing the external trainers.

Trainers

To build capacity to meet the demands for Corporate sector Training in Mental Health and Wellbeing programmes, MHI invested in the provision of accredited training in QQI Level 6, in Training, Delivery and evaluation. This enabled MHI to have a bank of External Trainers equipped with the knowledge, understanding and skills to facilitate our Workshops to the Corporate sector across the country. Fourteen External Trainers are currently actively delivering MHI workshops across the country with the remainder shadowing on programmes.

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MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2019

ACHIEVEMENTS AND PERFORMANCE (CONTINUED)

Training Materials

In 2019 an entirely new suite of quality training materials was co-produced. This was to support the delivery of quality, evidence-based, consistent messaging and to raise MHI's profile through visible professional standards. The materials included a Manual for Trainers, Tips for Managers Booklet, Let's Talk Mental Health wallet leaflet all workshop hand-outs, Posters, Presentations, Branded USB keys, Folders, Pull-Ups that advertise MHI and the Workshops offered. These materials will form the basis of an expanding suite of relevant and accessible publications and materials which will support the promotion of positive mental health, wellbeing and recovery.

From a governance perspective, we have co-produced and delivered a very comprehensive Trainer Agreement and Training Policy. This trainer agreement protects the organisation and the trainers by setting clear understandable terms for the contracting, payment and management of external trainers and all Mental Health Ireland's copyrighted materials.

National Living Life Well Project Group

Members from the *Living Life Well* Project Group have worked co-productively with the Office for Mental Health Engagement and Recovery, to ensure that the Area Leads and Peer Educators have their QQI in Training, Delivery and Evaluation. Alongside this, MHI has led a co-production group in the co-production of a 3-day Forum Training Programme aimed at providing specific committee skills for people with lived experience of mental health challenges, family members and staff. MHI has supported the capacity and leadership skills building of people with lived experience of mental health challenges in this process. From this the Forum Training for Mental Health Engagement & Recovery will now be co-facilitated throughout the CHO areas.

New Projects

In 2019 we began the process of co-producing tailored workshops with specific groups through CHO9 project – members of the Travelling Community, Psychiatry of Later Life and CAMHS. This will be ongoing throughout 2020 which has already seen some innovative new methods of communicating messages of mental health wellbeing and recovery being developed for the workshops.

Managing our Training Delivery & Output

MHI is now a major provider in the mental health training arena with many requests coming from our Volunteer base, community groups and the corporate sector. Our strategic plan places a special emphasis on refining our training offering to bring a more structured response to these training requests. Following discussion at our November Board meeting, it was agreed to bring forward Training as a strategic aim in its own right.

At MHI we deliver a significant amount of training to communities, people with lived experience of mental health challenges and family members, fellow NGOs and in workplaces. Current accredited programmes include *ASIST*, *SafeTalk*, *Five Ways to Wellbeing*, *Mental Health First Aid*, *Stress Control*, and our own *Mental Health & Wellbeing* workshops. Through our Tony Leahy *Scholarship Programme* we also support people with lived experience of mental health challenges and family members/carers to participate in the UCC Community Mental Health Course and the DCU Certification in Peer Support Working programme.

Suicide Prevention Training Administration Officer (CHO6)

MHI has been working closely with CHO6 (South Dublin and Wicklow) in co-ordinating and delivering suicide prevention training (ASIST & SafeTalk). To maintain this capacity a Suicide Prevention Training Administration Officer was appointed in September 2019. The *SPTO* will promote, organise, schedule trainers, arrange venues and manage the general logistics for these programmes.

**MENTAL HEALTH IRELAND
DIRECTORS' REPORT
FOR YEAR ENDED 31 DECEMBER 2019**

REFERENCE AND ADMINISTRATIVE DETAILS

Name of charity	Mental Health Ireland
Charity number	CHY 5594
Address	1-4 Adelaide Road, Glasthule, Co.Dublin.

The names of the persons who at any time during the financial year were directors of the company are as follows:

Pat Bracken
Charles Burke
Denis Creedon
Martha Griffin (Resigned 28/06/19)
Neil Hughes
Eilish Kerrisk (Appointed 25/01/19)
Colm Murphy
Seamus McNulty
Colman Noctor
Anthony O'Boyle
Alma O'Brien (Appointed 22/11/19)
Robert O'Connell (Appointed 24/05/19)
Fiona Ross

CEO whom responsibility for the day to day management of the charity is delegated
CEO Martin Rogan

Names and address of professional advisors

Auditors

JPA Brenson Lawlor,
Brenson Lawlor House,
Argyle Square,
Morehampton Road,
Dublin 4

Solicitors

Partners at Law,
Dunlaoghaire,
Co.Dublin.

EXEMPTION FROM DISCLOSURE

The charity has availed of no exemptions, it has disclosed all relevant information.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2019

FUNDS HELD AS CUSTODIAN TRUSTEE ON BEHALF OF OTHERS

The charity does not hold any funds or other assets by way of custodian arrangement.

Likely future developments

The charity plans to continue the activities outlined above in its objectives and activities in forthcoming years subject to satisfactory funding arrangements.

Events after the end of the financial year

There were no post balance sheet events which require disclosure.

Political donations

The charity did not make any political donations during the year.

Accounting Records

The measures taken by the directors to secure compliance with the requirements of sections 281 to 285 of the Companies Act 2014 with regard to the keeping of accounting records are the implementation of necessary policies and procedures for recording transactions, the employment of competent accounting personnel with appropriate expertise and the provision of adequate resources to the financial function. The accounting records of the company are located at the charities premises, 1 – 4 Adelaide Road, Glasthule, Co. Dublin.

Directors' compliance statement

The Board of Directors acknowledge that they have a responsibility to ensure that the organisation is fully compliant with their obligations under the Companies Act 2014. To this end, the audit and finance subcommittee review the internal controls in place on an annual basis. They confirm that:

- Adequate controls are in place in order to meet the obligations of the company,
- Appropriate arrangements and structures are in place that is, in their opinion, designed to secure material compliance with the company's relevant obligations.

Statement on relevant audit information

In the case of each of the persons who are directors at the time this report is approved in accordance with section 332 of Companies Act 2014:

(a) so far as each director is aware, there is no relevant audit information of which the company's statutory auditors are unaware, and

(b) each director has taken all the steps that he or she ought to have taken as a director in order to make himself or herself aware of any relevant audit information and to establish that the company's statutory auditors are aware of that information.

**MENTAL HEALTH IRELAND
DIRECTORS' REPORT
FOR YEAR ENDED 31 DECEMBER 2019**

Auditors

In accordance with section 383(2) of the Companies Act, 2014, the auditors, JPA Brenson Lawlor, will continue in office.

Approved by the board of directors and signed on its behalf by

Fiona Ross, Chairperson
Director

Neil Hughes, Chairman of the Finance Committee
Director

Date: **26th March 2020**

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND DIRECTORS' REPORT FOR YEAR ENDED 31 DECEMBER 2019

DIRECTORS' RESPONSIBILITIES STATEMENT

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with Irish law and regulations.

Irish company law requires the directors to prepare financial statements for each financial year. Under the law, the directors have elected to prepare the financial statements in accordance with Companies Act 2014 and accounting standards issued by the Financial Reporting Council including FRS 102, the Financial Reporting Standard applicable in the UK and Ireland (Generally Accepted Accounting Practice in Ireland). Under company law, the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the assets, liabilities and financial position of the company as at the financial year end date and of the surplus or deficit of the company for the financial year and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgments and accounting estimates that are reasonable and prudent;
- observe the methods and principles in the charities SORP;
- state whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and surplus or deficit of the company to be determined with reasonable accuracy, enable them to ensure that the financial statements and directors' report comply with the Companies Act 2014 and enable the financial statements to be audited. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The directors are responsible for the maintenance and integrity of the corporate and financial information included on the company's website. Legislation in Ireland governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

Approved by the board of directors and signed on its behalf by

Fiona Ross, Chairperson
Director

Neil Hughes, Chairman of the Finance Committee
Director

Date 26th March 2020

MENTAL HEALTH IRELAND INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MENTAL HEALTH IRELAND

Opinion

We have audited the financial statements of Mental Health Ireland for the year ended 31 December 2019 which comprise the Statement of Financial Activities, Statement of Comprehensive Income, the Statement of Financial Position, the Statement of Cash Flows and the related notes. The relevant financial reporting framework that has been applied in their preparation is the Companies Act 2014 and FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland.

In our opinion the financial statements:

- give a true and fair view of the state of the company's affairs as at 31 December 2019 and of its surplus for the year then ended;
- have been properly prepared in accordance with FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland; and
- have been prepared in accordance with the requirements of the Companies Act 2014.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (Ireland) (ISAs (Ireland)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the company in accordance with the ethical requirements that are relevant to our audit of financial statements in Ireland, including the Ethical Standard issued by the Irish Auditing and Accounting Supervisory Authority (IAASA), and we have fulfilled our other ethical responsibilities in accordance with these requirements.

We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (Ireland) require us to report to you where:

- the directors' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the directors have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The directors are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MENTAL HEALTH IRELAND

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2014

Based solely on the work undertaken in the course of the audit, we report that in our opinion:

- the information given in the Director's Report is consistent with the financial statements; and
- the Director's Report has been prepared in accordance with applicable legal requirements.

We have obtained all the information and explanations which we consider necessary for the purposes of our audit.

In our opinion the accounting records of the company were sufficient to permit the financial statements to be readily and properly audited, and the financial statements are in agreement with the accounting records.

Matters on which we are required to report by exception

Based on the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified any material misstatements in the directors' report.

We have nothing to report in respect of our obligation under the Companies Act 2014 to report to you if, in our opinion, the disclosures of director's remuneration and transactions specified by sections 305 to 312 of the Act are not made.

Responsibilities of director for the financial statements

As explained more fully in the Director's Responsibilities Statement, the director is responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the director is responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the director either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

MENTAL HEALTH IRELAND INDEPENDENT AUDITORS' REPORT TO THE MEMBERS OF MENTAL HEALTH IRELAND

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (Ireland) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the IAASA's website at: [http://www.iaasa.ie/Publications/Auditing-standards/International-Standards-on-Auditing-for-use-in-Ire/International-Standards-on-Auditing-\(Ireland\)/ISA-700-\(Ireland\)](http://www.iaasa.ie/Publications/Auditing-standards/International-Standards-on-Auditing-for-use-in-Ire/International-Standards-on-Auditing-(Ireland)/ISA-700-(Ireland)). This description forms part of our auditor's report.

The purpose of our audit work and to whom we owe our responsibilities

This report is made solely to the company's members, as a body, in accordance with section 391 of the Companies Act 2014. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Ian Lawlor
for and on behalf of JPA Brenson Lawlor

26th March 2020

Chartered Accountants
Statutory Audit Firm

Argyle Square
Morehampton Road
Donnybrook
Dublin 4
D04 W9W7

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT) FOR YEAR ENDED 31 DECEMBER 2019

	Designated funds €	Unrestricted funds €	Restricted funds €	Total 2019 €	Total 2018 €
Income					
Donations (Note 4)	-	326,631	-	326,631	476,207
Earned from charitable activities (Note 4)	-	1,393,674	1,711,735	3,105,409	2,580,399
Earned from other activities (Note 4)	1,400	42,852	-	44,252	24,773
Total income and endowments	1,400	1,763,157	1,711,735	3,476,292	3,081,379
Cost of Raising Funds					
Fundraising Costs	-	29,561	-	29,561	9,892
Expenditure on charitable activities					
Staff Costs	-	1,141,147	905,643	2,046,790	1,770,760
Depreciation of Fixed Assets	-	2,832	-	2,832	3,637
Operational Costs	37,405	618,359	646,471	1,302,234	1,049,840
Total Expenditure	37,405	1,791,899	1,552,114	3,381,417	2,834,130
Net Movements In Funds For The Year	(36,005)	(28,742)	159,621	94,875	247,249
Reconciliation of Funds					
Total Funds Brought Forward	83,919	624,403	229,708	938,029	690,780
Total Funds Carried Forward	47,914	595,661	389,329	1,032,904	938,029

**MENTAL HEALTH IRELAND
STATEMENT OF COMPREHENSIVE INCOME FOR THE FINANCIAL YEAR
ENDED 31 DECEMBER 2019**

	2019 €	2018 €
Surplus for the financial year	94,875	247,249
Total comprehensive income	<u>94,875</u>	<u>247,249</u>

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND STATEMENT OF FINANCIAL POSITION AS AT 31 DECEMBER 2019

	Notes	2019 €	2018 €
Fixed assets			
Tangible assets	9	-	<u>2,832</u>
		-	2,832
Current Assets			
Debtors	10	107,911	230,662
Cash at bank and in hand	11	<u>1,100,661</u>	<u>920,475</u>
		1,208,572	1,151,136
Creditors: amounts falling due within One year			
	12	<u>(175,668)</u>	<u>(215,939)</u>
Net current assets		<u>1,032,904</u>	<u>935,197</u>
Total assets less current liabilities		<u>1,032,904</u>	<u>938,029</u>
Reserves and funds			
Designated Reserves	15	47,914	83,919
Accumulated funds – restricted	16	389,329	229,708
Accumulated funds – general	17	<u>595,661</u>	<u>624,403</u>
		<u>1,032,904</u>	<u>938,029</u>

Approved by the board of directors and signed on its behalf by:

Fiona Ross, Chairperson
Director

Neil Hughes, Chairman of the Finance Committee
Director

Date 26th March 2020

**MENTAL HEALTH IRELAND
STATEMENT OF CASH FLOWS
FOR YEAR ENDED 31 DECEMBER 2019**

	2019 €	2018 €
Net cash flows from operating activities	180,186	386,218
	<hr/>	<hr/>
Net (decrease)/increase in cash and cash equivalents	180,186	386,218
	<hr/> <hr/>	<hr/> <hr/>
Cash and cash equivalents at beginning of financial year	920,475	534,257
Cash and cash equivalents at end of financial year	1,100,661	920,475
	<hr/> <hr/>	<hr/> <hr/>

An Analysis of changes in Net Cash can be found in Note 20 to the Financial Statements.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND NOTES TO THE FINANCIAL STATEMENTS FOR YEAR ENDED 31 DECEMBER 2019

1. General Information

These financial statements comprising the Statement of Financial Activities, the Statement of Comprehensive Income, the Statement of Financial Position, the Statement of Cash Flows and the related notes on pages 26 to 29 constitute the individual financial statements of Mental Health Ireland Limited for the financial year ended 31 December 2019.

Mental Health Ireland is a charity limited by guarantee, incorporated in the Republic of Ireland. The Registered Office is 1 – 4 Adelaide Road, Glasthule, Co. Dublin, which is also the principal place of business of the charity. The nature of the charities operations and its principal activities are set out in the Director's Report on pages 1 to 20.

Statement of Compliance

The financial statements have been prepared in accordance with Charity SORP (FRS 102) "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (FRS 102). The charity constitutes a public benefit entity as defined by FRS 102.

Currency

The financial statements have been presented in Euro (€) which is also the functional currency of the company.

2. Going Concern

The charity is substantially dependent on the HSE to cover its operating expenses and to meet its stated objectives as stated in the director's report. The directors believe that income will continue at an adequate level for the foreseeable future so that the company can continue in operational existence. The directors have prepared budgets and cash flows for a period of at least twelve months from the date of the approval of the financial statements which demonstrate that there is no material uncertainty regarding the charity's ability to meet its liabilities as they fall due and continue as a going concern. In these circumstances the financial statements are prepared on a going concern basis.

3. Accounting Policies

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the company's financial statements.

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice-Charities SORP (FRS 102) "The Financial Reporting Standard applicable in the UK and Republic of Ireland" (FRS 102) and the Companies Act 2014 except for the entity invoking the true and fair view override with regard to the profit and loss and balance sheet formats in Schedule 3 of the Companies Act 2014 as permitted in Section 3.4 of FRS102 and Section 291(5) of the Companies Act 2014.

**MENTAL HEALTH IRELAND
NOTES TO THE FINANCIAL STATEMENTS
FOR YEAR ENDED 31 DECEMBER 2019**

3. Accounting Policies (continued)

Fund Accounting

The following funds are operated by the charity:

Restricted Funds

Restricted funds are to be used for the specified purposes as laid down by the donor/grantor. Expenditure which meets these criteria is allocated to the fund.

Unrestricted Funds

General funds represent amounts which are expendable at the discretion of the directors in furtherance of the objectives of the charity and which have not been designated for other purposes. Such funds may be held in order to finance working capital or capital expenditure.

Income

All income is included in the Statement of Financial Activities (SoFA) when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

Donations and fundraising income

Donations and fundraising income are credited to income in the period in which they are receivable. Donations received in advance for specified periods are carried forward as deferred income.

Membership Fees

These are recognised in the Statement of Financial Activities of the year in which they are receivable.

Grants and Donations

The charity receives government grants in respect of certain projects. Income from government and other grants are recognised at fair value when the charity has entitlement after any performance conditions have been met, it is probable that the income will be received and the amount can be measured reliably. If entitlement is not met then these amounts are deferred income.

Donated Services and facilities

Where practicable, donations of goods and services are included in donations in the financial statements at their fair value. If it is impracticable to assess the fair value at receipt or if the costs to undertake such a valuation outweigh the benefits, then the income and associated expenditure is not recognised.

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met. The receipt of economic benefit from the use by the charity of item is probable and that economic benefit can be measured reliably.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND NOTES TO THE FINANCIAL STATEMENTS FOR YEAR ENDED 31 DECEMBER 2019

3. Accounting Policies (continued)

Income (continued)

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market, a corresponding amount is then recognised in expenditure in the period of receipt.

No amount is included in the financial statements for volunteer time in line with the SORP (FRS 102).

There was no donated service and facilities during the year ended 31 December 2019.

Investment income

Interest and investment income is included when receivable and the amount can be measured reliably, this is normally upon notification of the interest paid or payable by the bank.

Expenditure Recognition

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

It is categorised under the following headings:

- Costs of raising funds;
- Expenditure on charitable activities; and
- Other expenditure.

Costs of raising funds

Cost of raising funds includes expenditure directly associated with generating fundraising income, including attracting voluntary income and grant income.

Expenditure on charitable activities

Expenditure on charitable activities comprise those costs incurred by the charity in the pursuit of the charities objectives and in the delivery of its activities and services. It includes both costs that can be allocated directly such as wages and salaries and costs of an indirect nature necessary to support the delivery of its activities and services.

Other expenditure

Other expenditure represents those items not falling into the categories above.

MENTAL HEALTH IRELAND
NOTES TO THE FINANCIAL STATEMENTS
FOR YEAR ENDED 31 DECEMBER 2019

3. Accounting Policies (continued)

Allocation of support costs

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the activities and services of the charity. Support costs are allocated to expenditure on charitable activities. Costs relating to a particular project are allocated directly others are apportioned on an appropriate basis such as staff time.

Retirement benefit costs

The company operates a defined contribution scheme. Retirement benefit contributions in respect of the scheme for employees are charged to the income and expenditure account as they become payable in accordance with the rules of the scheme. The assets are held separately from those of the company in an independently administered fund. Differences between the amounts charged in the income and expenditure account and payments made to the retirement benefit scheme are treated as assets or liabilities.

Unrestricted pension expenses relate to the pension expenses of Mental Health Ireland. Restricted pension expenses relate to Gateway, ARI Mindspace Mayo, Peer Recovery West, Peer Recovery Dublin North and Service Reform Fund.

Tangible fixed assets

All tangible fixed assets are initially recorded at historic cost. This includes legal fees, stamp duty and other non-refundable purchase taxes, and also any costs directly attributable to bringing the asset to the location and condition necessary for it to be capable of operating in the manner intended by management, which can include the costs of site preparation, initial delivery and handling, installation and assembly, and testing of functionality.

A review for impairment of tangible fixed asset will be carried out if events or changed in circumstances indicate that the carrying value of any tangible fixed asset may not be recoverable. Shortfalls between the carrying value of tangible fixed assets and their recoverable amounts will be recognised as impairments. Impairment losses will be recognised in the Statement of Financial Activities.

Depreciation

Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost or valuation, less estimated residual value, of each asset systematically over its expected useful life, on a straight line basis, as follows:

Fixtures, Fittings & equipment	20% Straight line
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Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND NOTES TO THE FINANCIAL STATEMENTS FOR YEAR ENDED 31 DECEMBER 2019

3. Accounting Policies (continued)

An amount equal to the excess of the annual depreciation charge on revalued assets over the notional historical cost depreciation charge on those assets is transferred annually from the revaluation reserve to the income and expenditure reserve.

The residual value and useful lives of tangible assets are considered annually for indicators that these may have changed. Where such indicators are present, a review will be carried out of the residual value, depreciation method and useful lives, and these will be amended if necessary. Changes in depreciation rates arising from this review are accounted for prospectively over the remaining useful lives of the assets.

Trade and other debtors

Trade and other debtors are recognised initially at transaction price (including transaction costs) unless a financing arrangement exists, in which case they are measured at present value of future receipts discounted at a market value. Subsequently these are measured at amortised costs less any provision for impairment.

A provision for impairment of trade receivables is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the agreement.

Prepayments are valued at the amount prepaid net of any trade discounts due.

Impairment

Assets not measured at fair value are reviewed for any indication that the asset may be impaired at each balance sheet date. If such indication exists, the recoverable amount of the asset, or the asset's cash generating unit, is estimated and compared to the carrying amount. Where the carrying amount exceeds its recoverable amount, an impairment loss is recognised in profit or loss unless the asset is carried at a revalued amount where the impairment loss is a revaluation decrease.

Cash and cash equivalents

Cash consists of cash on hand and demand deposits.

Trade and other creditors

Trade creditors are measured at invoice price, unless payment is deferred beyond normal business terms or is financed at a rate of interest that is not a market rate. In this case the arrangement constitutes a financing transaction, and the financial liability is measured at the present value of the future payments discounted at a market rate of interest for a similar debt instrument.

**MENTAL HEALTH IRELAND
NOTES TO THE FINANCIAL STATEMENTS
FOR YEAR ENDED 31 DECEMBER 2019**

3. Accounting Policies (continued)

Provisions are recognised when the company has a present legal or constructive obligation as a result of past events; it is probable that an outflow of resources will be required to settle the obligation and the amount of the obligation can be estimated reliably.

Deferred Income

The charity recognised deferred income, where the terms and conditions have not been met or uncertainty exists as to whether the charity can meet the terms or conditions otherwise within its control, income is then deferred as a liability until it is probable that the terms and conditions imposed can be met.

Some of the grants received are subject to performance related conditions or time periods, when these performance related or other conditions are met the deferred income is released to income in the statement of financial activities.

Financial Instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

Judgements and key sources of estimation uncertainty

The directors consider the accounting estimates and assumptions below to be its critical accounting estimates and judgements:

Going Concern

The directors have prepared budgets and cash flows for a period of at least twelve months from the date of the approval of the financial statements which demonstrate that there is no material uncertainty regarding the company's ability to meet its liabilities as they fall due, and to continue as a going concern. On this basis the directors consider it appropriate to prepare the financial statements on a going concern basis. Accordingly, these financial statements do not include any adjustments to the carrying amounts and classification of assets and liabilities that may arise if the company was unable to continue as a going concern.

Comparative Figures

Where necessary comparative figures have been regrouped on a basis consistent with the current year.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND NOTES TO THE FINANCIAL STATEMENTS FOR YEAR ENDED 31 DECEMBER 2019

3. Accounting Policies (continued)

Employee benefits

When employees have rendered service to the charity, short-term employee benefits to which the employees are entitled are recognised at the undiscounted amount expected to be paid in exchange for that service. The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received. The charity operates a defined contribution pension plan for the benefit of its employees. Contributions are expensed as they become payable.

Taxation

No charge to current or deferred taxation arises as the charity has been granted charitable status under section 207 and 208 of the Tax Consolidation Act 1997, Charity No CHY 5594.

**MENTAL HEALTH IRELAND
NOTES TO THE FINANCIAL STATEMENTS
FOR YEAR ENDED 31 DECEMBER 2019**

4. Income from charitable activities

Income for 2019 analysed as follows:	Unrestricted funds €	Restricted funds €	Total 2019 €	Total 2018 €
<u>Earned from charitable activities</u>				
H.S.E. - Core (National)	868,498	-	868,498	768,216
H.S.E. - Core (South East)	78,000	-	78,000	78,000
H.S.E. - CHO1 (Sligo / Leitrim)	66,906	-	66,906	66,906
H.S.E. - CHO1 (Cavan / Monaghan)	30,316	-	30,316	43,988
H.S.E. - CHO1 (Donegal)	51,396	-	51,396	53,957
H.S.E. - CHO2 (West)	119,892	-	119,892	119,892
H.S.E. - CHO8 (Louth / Meath)	27,316	-	27,316	27,320
H.S.E. - CHO8 (Midlands)	49,000	-	49,000	49,000
H.S.E. - CHO3 (Midwest)	64,000	-	64,000	63,997
Jigsaw Project	-	270,600	270,600	270,600
Mindspace Mayo	5,000	373,358	378,358	308,544
Gateway Project	-	251,643	251,643	197,810
Ennis MHA	-	2,049	2,049	-
West Clare MHA - Lighthouse Project	-	4,662	4,662	-
Nat Forensic MH - Garden Restoration	-	100,000	100,000	-
A.R.I. Project	5,000	187,606	192,606	278,664
Service Improvement Fund (previously ARIES)	13,350	176,980	190,330	129,011
MOJO	-	-	-	(11,132)
National Forensic MHS	5,000	62,779	67,779	49,041
Peer Recovery South East	5,000	62,214	67,214	19,122
Suicide Prevention Prog CH06	-	29,754	29,754	-
Peer Recovery West (ex. MMHS)	5,000	115,431	120,431	67,474
Peer Recovery CHO6 (Dublin East)	-	7,000	7,000	-
Peer Recovery CHO8 (Midlands)	-	5,870	5,870	-
Peer Recovery CHO9 (Dublin North)	-	58,039	58,039	-
Social Inclusion (Refugees)	-	3,750	3,750	-
Total earned from charitable activities	<u>1,393,674</u>	<u>1,711,735</u>	<u>3,105,409</u>	<u>2,580,399</u>
<u>Earned from other activities</u>				
Annual Subscription	3,188	-	3,188	5,237
Other Income	1,485	-	1,485	3,035
Training **	<u>39,579</u>	-	<u>39,579</u>	<u>16,501</u>
Total earned from other activities	<u>44,252</u>	=	<u>44,252</u>	<u>24,773</u>
<u>Donations</u>				
Donations / Fundraising	<u>326,631</u>	=	<u>326,631</u>	<u>476,207</u>

** includes €1,400 which related to designated income.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND NOTES TO THE FINANCIAL STATEMENTS FOR YEAR ENDED 31 DECEMBER 2019

Income for 2018 analysed as follows:

	Unrestricted funds €	Restricted funds €	Total 2018 €	Total 2017 €
<u>Earned from charitable activities</u>				
H.S.E. - Core (National)	768,205	-	768,205	768,216
H.S.E. - Core (South East)	78,000	-	78,000	78,000
H.S.E. - CHO1 (Sligo / Leitrim)	66,906	-	66,906	57,727
H.S.E. - CHO1 (Cavan / Monaghan)	43,988	-	43,988	30,316
H.S.E. - CHO1 (Donegal)	53,957	-	53,957	52,835
H.S.E. - CHO2 (West)	119,892	-	119,892	137,748
H.S.E. - CHO8 (Louth / Meath)	27,320	-	27,320	49,532
H.S.E. - CHO8 (Midlands)	49,000	-	49,000	49,000
H.S.E. - CHO3 (Midwest)	63,997	-	63,997	64,000
Jigsaw Project	-	270,600	270,600	337,733
Mindspace Mayo	5,000	303,544	308,544	256,628
Gateway Project	-	197,810	197,810	158,334
A.R.I. Project	5,000	273,664	278,664	240,119
Service Improvement Fund (previously ARIES)	13,350	115,661	129,011	42,590
MOJO	-	(11,132)	(11,132)	323,338
National Forensic MHS	5,000	44,041	49,041	-
Peer Recovery South East	-	19,122	19,122	-
Áras Folláin	-	-	-	100,000
Peer Recovery West (ex. MMHS)	-	67,474	67,474	30,676
Social Inclusion (Refugees)	-	-	-	50,000
Total earned from charitable activities	<u>1,299,615</u>	<u>1,280,784</u>	<u>2,580,399</u>	<u>2,826,792</u>
<u>Earned from other activities</u>				
Annual Subscription	5,237	-	5,237	7,518
Other Income	3,035	-	3,035	887
Training **	16,501	-	16,501	9,170
Total earned from other activities	<u>24,773</u>	<u>=</u>	<u>24,773</u>	<u>17,575</u>
<u>Donations</u>				
Donations / Fundraising	<u>476,207</u>	<u>=</u>	<u>476,207</u>	<u>44,815</u>

** includes €5,600 which related to designated income.

**MENTAL HEALTH IRELAND
NOTES TO THE FINANCIAL STATEMENTS
FOR YEAR ENDED 31 DECEMBER 2019**

5. Surplus on ordinary activities before taxation

Surplus on ordinary activities before taxation is stated after charging / (crediting):

	2019	2018
	€	€
Depreciation of tangible assets	2,837	3,637
Audit Remuneration (including VAT)		
-Audit Fees	10,086	10,086
-Non - Audit Services	677	677
	<u> </u>	<u> </u>

6. Directors' remuneration and transactions

All Directors who served during the year, received no remuneration from the charity. They received reimbursement for travel expenses incurred for board meetings attended.

Key Management Personnel

The CEO's salary for the year was €90,326 (2018: €88,069) in addition to 7% of gross salary paid as employer contribution into a pension on behalf of the CEO.

7. Staff costs

The average monthly number of persons employed by the company during the financial year analysed by category, was as follows:

	2019	2018
	Number	Number
Head Office	13	10
Development Officers	8	7
Gateway Project	5	4
A.R.I. Project	3	4
Mindspace Mayo	5	4
Service Improvement Fund (previously ARIES)	4	4
Peer Recovery West	3	2
National Forensic MHS	2	1
Peer Recovery West	1	-
Peer Recovery Dublin North	1	-
Total	<u> </u> 45	<u> </u> 36

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND NOTES TO THE FINANCIAL STATEMENTS FOR YEAR ENDED 31 DECEMBER 2019

7. Staff costs (continued)

Their aggregate remuneration comprised:

	2019 €	2018 €
Wages and salaries	1,771,717	1,540,739
Social security costs	192,798	166,127
Pension Costs	82,274	63,894
	<u>2,046,790</u>	<u>1,770,760</u>

The number of higher paid employees including the CEO was:

	2019	2018
Salary band		
€60,000- €70,000	2	3
€70,001- €80,000	1	1
€90,001- €100,000	1	1
	<u>4</u>	<u>5</u>

8. Retirement benefit information

	2019 €	2018 €
Retirement benefit charge	<u>82,274</u>	<u>63,894</u>

Defined contribution scheme

The company operates a defined contribution scheme, 'Pension Scheme Fund', for its employees. The scheme is externally financed in that the assets of the scheme are held separately from those of the company in an independently administered fund.

**MENTAL HEALTH IRELAND
NOTES TO THE FINANCIAL STATEMENTS
FOR YEAR ENDED 31 DECEMBER 2019**

9. Tangible fixed assets

	Fixtures, Fittings & Equipment 2019 €
Cost or valuation	
At 1 st January 2019	55,032
Additions	-
	<hr/>
At 31 st December 2019	55,032
	<hr/>
Depreciation	
At 1 st January 2019	52,201
Charge for the financial year	2,837
	<hr/>
At 31 st December 2019	55,032
	<hr/>
Net Book Value	
At 31 st December 2019	-
	<hr/>
At 31 st December 2018	2,837
	<hr/> <hr/>

10. Debtors

	2019 €	2018 €
Trade debtors	51,443	157,175
Other debtors	21,750	31,636
Prepayments and accrued income	34,718	41,851
	<hr/>	<hr/>
	107,911	230,662
	<hr/> <hr/>	<hr/> <hr/>

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND NOTES TO THE FINANCIAL STATEMENTS FOR YEAR ENDED 31 DECEMBER 2019

11. Components of cash and cash equivalents

	2019 €	2018 €
Cash at bank and in hand	1,100,661	920,475
	<u>1,100,661</u>	<u>920,475</u>

12. Creditors: amounts falling due within one year

	2019 €	2018 €
Trade creditors	47,707	27,266
Deferred Income	31,196	165,604
Procurement card (overdraft)	1,086	-
Accruals	41,568	23,069
Wages control	406	-
PAYE control account	53,708	-
	<u>175,671</u>	<u>215,939</u>

13. Net cash flows from operating activities

	2019 €	2018 €
Surplus for the financial year	94,875	247,249
Depreciation on tangible assets	2,832	3,637
Decrease in debtors	122,751	557
Increase/ (Decrease) in creditors due within one year	94,140	(28,268)
Increase/ (Decrease) in deferred income	(134,412)	163,043
	<u>180,186</u>	<u>386,218</u>

**MENTAL HEALTH IRELAND
NOTES TO THE FINANCIAL STATEMENTS
FOR YEAR ENDED 31 DECEMBER 2019**

14. Events after the end of the financial year

There were no events after the reporting date which require disclosure.

15. Designated Funds

	1 Jan 2019	Income	Expenditure	Transfer from Unrestricted	31 Dec 2019
	€	€	€	€	€
Tony Leahy Scholarship Fund	83,919	1,400	(37,405)	-	47,914
	<u>83,919</u>	<u>1,400</u>	<u>(37,405)</u>	<u>-</u>	<u>47,914</u>
Total	<u>83,919</u>	<u>1,400</u>	<u>(37,405)</u>	<u>-</u>	<u>47,914</u>

Designated Funds previous year

	1 Jan 2018	Income	Expenditure	Transfer from Unrestricted	31 Dec 2018
	€	€	€	€	€
Tony Leahy Scholarship Fund	42,119	5,600	(13,800)	50,000	83,919
	<u>42,119</u>	<u>5,600</u>	<u>(13,800)</u>	<u>50,000</u>	<u>83,919</u>
Total	<u>42,119</u>	<u>5,600</u>	<u>(13,800)</u>	<u>50,000</u>	<u>83,919</u>

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND NOTES TO THE FINANCIAL STATEMENTS FOR YEAR ENDED 31 DECEMBER 2019

16. Restricted Funds

	1 Jan 2019	Income	Expenditure	Transfer Unrestricted	31 Dec 2019
	€	€	€	€	€
Project					
Jigsaw Project	225	270,600	(270,600)	-	225
Mindspace Mayo	11,276	373,358	(320,462)	-	64,172
Gateway Project	87,302	251,643	(264,586)	-	74,358
A.R.I. Project	71,898	187,606	(216,515)	-	42,989
Service Improvement Fund (Previously ARIES)	2,980	176,980	(163,814)	-	16,146
Suicide Prevention Programme	-	29,754	(23,675)	-	6,079
Ennis MHA	-	2,049	(1,996)	-	53
West Clare MHA - Lighthouse Project	-	4,662	(1,962)	-	2,700
Education/Research	18,947	-	(18,947)	-	-
Peer Recovery West	9,877	115,431	(109,219)	-	16,089
Social Inclusion (Refugees)	21,265	3,750	(17,035)	-	7,979
National Forensic MHS	610	62,779	(53,278)	-	10,111
Nat Forensic- Garden Restoration	-	100,000	-	-	100,000
Peer Recovery South East	5,329	62,214	(46,997)	-	20,547
Peer Recovery Dublin East	-	7,000	(4,403)	-	2,597
Peer Recovery Midlands	-	5,870	(4,830)	-	1,040
Peer Recovery North Dublin	-	58,039	(33,792)	-	24,247
Total	229,708	1,711,735	(1,552,114)	-	389,329

Restricted Funds previous year

	1 Jan 2018	Income	Expenditure	Transfer Unrestricted	31 Dec 2018
	€	€	€	€	€
Project					
Jigsaw Project	225	270,600	(270,600)	-	225
Mindspace Mayo	6,128	303,544	(298,396)	-	11,276
Gateway Project	94,155	197,810	(204,662)	-	87,302
A.R.I. Project	13,050	273,664	(214,816)	-	71,898

**MENTAL HEALTH IRELAND
NOTES TO THE FINANCIAL STATEMENTS
FOR YEAR ENDED 31 DECEMBER 2019**

Service Improvement Fund (Previously ARIES)	23,865	115,661	(136,546)	-	2,980
MOJO	50,385	(11,132)	(39,252)	-	-
Education/Research	18,947	-	-	-	18,947
Peer Recovery West	-	67,474	(57,598)	-	9,877
Social Inclusion (Refugees)	45,196	-	(23,932)	-	21,265
Áras Folláin	17,298	-	(17,298)	-	-
National Forensic MHS	-	44,041	(43,431)	-	610
Peer Recovery South East	-	19,122	(13,793)	-	5,329
Total	269,249	1,280,784	(1,320,324)	-	229,708

17. Unrestricted Funds current year

	1 Jan 2019	Income	Expenditure	31 Dec 2019
	€	€	/Transfer	€
			€	
Unrestricted funds	624,403	1,763,157	(1,791,899)	595,661
Total unrestricted funds	624,403	1,763,157	(1,791,899)	595,661

Unrestricted Funds previous year

	1 Jan 2018	Income	Expenditure	31 Dec 2018
	€	€	/Transfer	€
			€	
Unrestricted funds	379,412	1,794,995	(1,550,004)	624,403
Total unrestricted funds	379,412	1,794,995	(1,550,004)	624,403

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND NOTES TO THE FINANCIAL STATEMENTS FOR YEAR ENDED 31 DECEMBER 2019

18. Operating Lease commitments

Total future minimum lease payments under non-cancellable operating leases are as follows:

	2019	2018
	€	€
Within one year	-	-
Between one and five years	-	-
Over five years	-	-

MHI is still in the process of transferring Jigsaw Galway to Jigsaw National and all commitments in relation to this lease will be transferred. At present Jigsaw provides funds to MHI to cover the costs of rent on a quarterly basis until such a time as the lease is assigned. MHI does not pay the landlord the rent until they receive the funds from Jigsaw.

19. Reconciliation of capital and reserves

	2019	2018
	€	€
At the beginning of the year	938,029	690,780
Surplus for the year	94,875	247,249
	<hr/>	<hr/>
Closing reserves	1,032,904	938,029
	<hr/> <hr/>	<hr/> <hr/>

20. Analysis of changes in Net Cash

	At 01/01/2019	Cashflows	At 31/12/2019
	€	€	€
Cash	<u>920,475</u>	<u>180,186</u>	<u>1,100,661</u>

MENTAL HEALTH IRELAND
NOTES TO THE FINANCIAL STATEMENTS
FOR YEAR ENDED 31 DECEMBER 2019

21. Related party transactions

Mental Health Ireland supports a number of local Mental Health Associations across Ireland. Those Mental Health Associations who completed a Memorandum of Understanding process were authorised to use Mental Health Ireland's Charity No. 5594 until 30 June 2019. Since that date, Mental Health Associations have been required to register directly with the Charities Regulator to obtain their own Charity Number. Mental Health Ireland provide support and guidance to all MHAs who are registered members of Mental Health Ireland.

22. Approval of financial statements

The board of directors approved these financial statements and authorised them for issue on 26th March 2020.

Directors' Report and Audited Financial Statements

MENTAL HEALTH IRELAND NOTES TO THE FINANCIAL STATEMENTS FOR YEAR ENDED 31 DECEMBER 2019

21. Related party transactions

Mental Health Ireland supports a number of local Mental Health Associations across Ireland. Those Mental Health Associations who completed a Memorandum of Understanding process were authorised to use Mental Health Ireland's Charity No. 5594 until 30 June 2019. Since that date, Mental Health Associations have been required to register directly with the Charities Regulator to obtain their own Charity Number. Mental Health Ireland provide support and guidance to all MHAs who are registered members of Mental Health Ireland.

22. Approval of financial statements

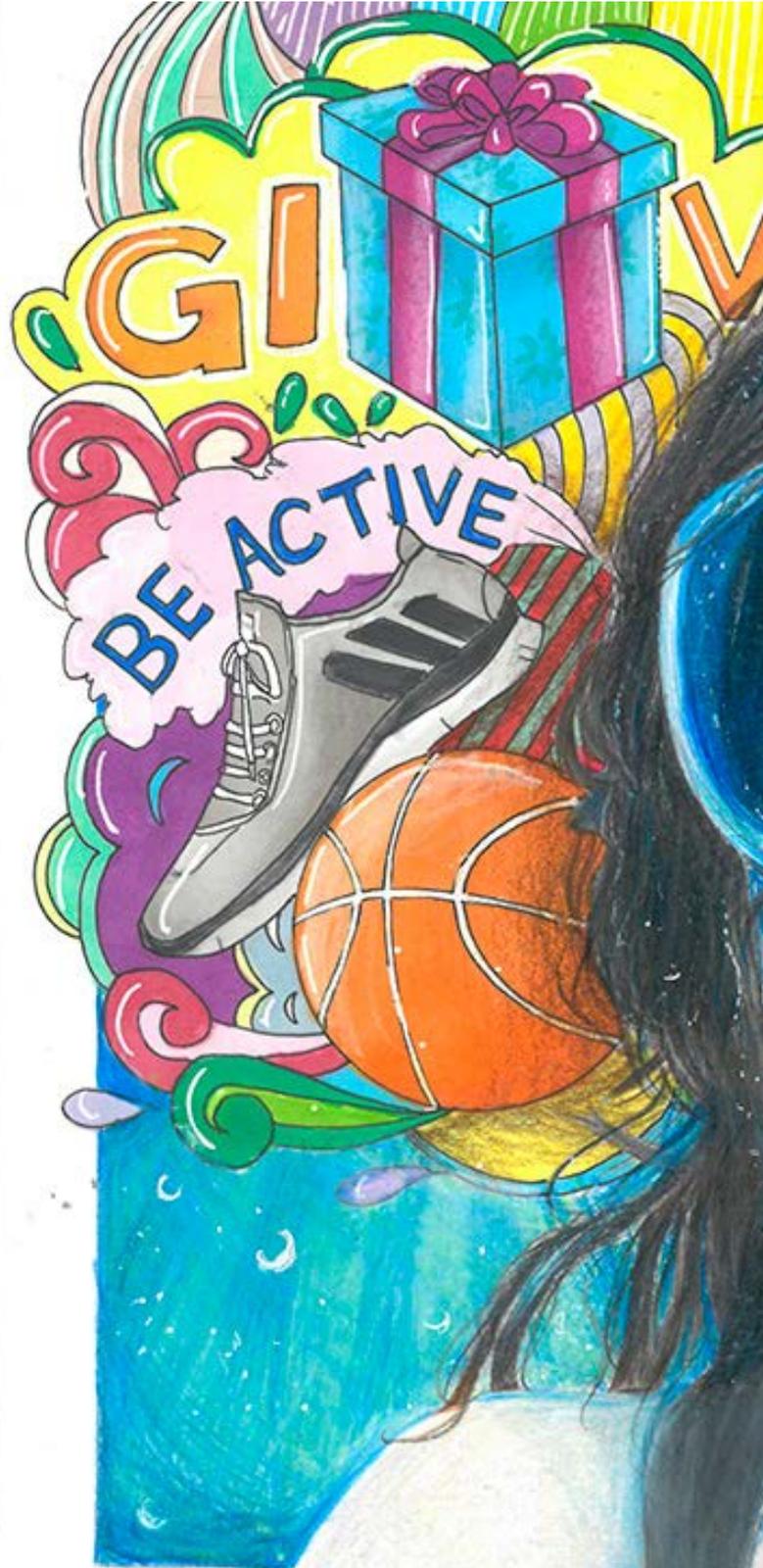
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**Mental Health
Ireland**

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MENTAL HEALTH IRELAND
**Promoting Positive Mental Health,
Wellbeing and Recovery**

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